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Tory says sorry for Facebook remark

OOPS A Tory member of the New Brunswick legislature has apologized for writing on his Facebook page that women should make more babies.

In responding to the provincial budget Tuesday, Carl Urquhart posted on Facebook: "Another Liberal budget ... Another $1 billion on the debt by March ... Girls we need more babies or we will never be able to support our future."

Liberal member Joan MacAlpine-Stiles told the legislature yesterday she found the comment offensive. "To suggest to New Brunswick's young women that their only role in society and their only contribution to the New Brunswick economy is to have babies is demeaning and outdated thinking," she said.

After prompting by MacAlpine-Stiles, Premier Shawn Graham and government house leader Mike Murphy, Urquhart rose in the legislature and apologized. THE CANADIAN PRESS

News on the Move

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Go Green

Don't forget to pick up tomorrow's special Metro GO GREEN issue, covering everything you need to know about the United Nations Climate Change Conference in Copenhagen and everything eco!

On the web

Visit metronews.ca for news updates

NAC **Holiday tradition**

TRACEY TONG/METRO OTTAWA

Jo-Ann Sundermeier, as Clara, and Alexander Gamayunov, as the prince, dance in a rehearsal performance yesterday of The Royal Winnipeg Ballet's production of The Nutcracker at the National Arts Centre. With music by Peter Tchaikovsky, the ballet — which tells the story of Clara's Christmas fantasy — is on at the NAC through Sunday.

'I have not been true to my values'

Tiger Woods addresses supporters on website

Tiger Woods said he let his family down with "transgressions" he regrets "with all of my heart," and he will deal with his personal life behind closed doors.

His statement yesterday follows a cover story in Us Weekly magazine that reports a Los Angeles cocktail waitress claims she had a 31-month affair with the world's No. 1 golfer.

"I have not been true to my values and the behaviour my family deserves," Woods said on his website. "I am not without faults and I am far short of perfect. I am dealing with my behaviour and personal failings behind closed doors with my family."

Woods did not offer details of any alleged relationship.

The cocktail waitress, Jaimee Grubbs, told the magazine she met Woods at a Las Vegas nightclub the week after the 2007 Masters — two months before Woods' wife, Elin, gave birth to their first child. Grubbs claims to have proof in 300 text messages.

About three hours before Woods' statement, the magazine published what it said was a voice mail provided by Grubbs Woods left on her phone Nov. 24, three days before his car crash outside his home in Florida.

"I have let my family down and I regret those transgressions with all of my heart," he said. THE ASSOCIATED PRESS

United Way sets record, but still falls short

TRACEY TONG
tracey.tong@metronews.ca

They were so close.

United Way Ottawa announced last night its annual community campaign has raised a record $30.7 million — less than a million dollars short of its goal.

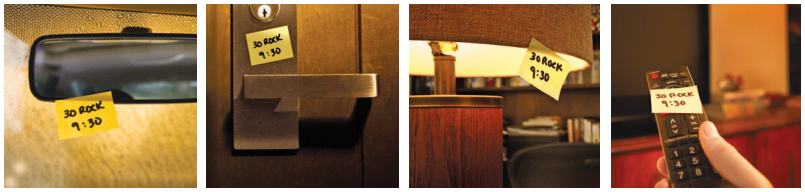
This was the first time the campaign brought in more than $30 million — $30,763,000 to be exact — by achievement night, which was held at the Shenkman Arts Centre.

While the total brings the organization to 97 per cent of its $31.7-million goal, more money is expected.

"These campaign results are an inspiration and reaffirm how caring and generous our community is."
Jamie McCracken, United Way Ottawa

Fundraising efforts are still underway in many workplaces and the United Way is calling on people who have not yet done so to consider making a contribution for their community.

While community campaign chair Jamie McCracken said the "job is not yet done … these campaign results are an inspiration and reaffirm how caring and generous our community is," he added. "It's an achievement to be proud of, it's a cause for celebration and it's a big helping hand for so many people."



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Local

Sponsor names committed torchbearers

Coca-Cola Canada has named some of its Olympic torchbearers for Ottawa. Chosen through Coca-Cola's torchbearer nomination program because they committed to a more active or environmentally friendly lifestyle, Mark Tremblay, Dion Metcalfe, Justin Thiel-Proulx, Christiane Talbot-Horne and Gavin Deutscher will carry the Olympic flame through Ottawa on Dec. 12 as the torch relay makes its way to Vancouver for the 2010 Olympic Winter Games. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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News in brief

FLU Ottawa Public Health vaccination clinics will begin offering both the H1N1 and seasonal flu vaccinations starting today. The seasonal vaccine will also be available at doctors' offices. About 250 doctors have also received the H1N1 vaccine. Starting today, wristbands will be handed out at all city clinics one hour before scheduled openings. METRO OTTAWA

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What's online today.

Video Canadian Tire's new one-dollar coin earns tepid reviews from some shoppers at **metronews.ca/canada**

Blogs Backbeat discovers the surprisingly sweet sounds of Bobby Dreadfull

Lotteries

Lotto 6/49: 2, 4, 24, 25, 47 & 48. Bonus 44.
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These results are not official.

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TIM WIECLAWSKI/METRO OTTAWA

Kim Kilpatrick, CNIB co-ordinator of volunteer services for eastern Ontario, tests a special label-reading pen at the newly opened store in the CNIB Ottawa office.

CNIB clients can shop in-house

Shopping online is difficult for people who are visually impaired. Someone can read a description of the product to them, but it's much different from having it in their hands.

Yesterday, the CNIB opened a new store in their Ottawa office to give clients an opportunity to familiarize themselves with some of the items before they purchase them.

Years ago, the CNIB had a store in the office, but it closed due to financial difficulties, said CNIB associate director of services and operations Sherry Malcho.

However, after strong reactions from clients, CNIB opened new stores in major centres like Ottawa, where volunteers can help during business hours.

TIM WIECLAWSKI/METRO OTTAWA

Variety on hand

- The store carries products for the visually impaired like magnifying glasses, talking clocks, white canes and a special label-reading pen.

City prepares for new pay-and-display system

Pending council OK, meters on way out in April

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Aside from a smoother road and a wider sidewalk, drivers returning to Preston Street next week might notice something a little different.

The parking meters that once lined Preston Street are gone and they are never coming back.

After being closed to vehicular traffic for months, Preston Street will finally reopen on Dec. 10. The completion of the project comes at the same time the city is preparing to phase out parking meters and install a pay-and-display system.

Yesterday, the city's transportation committee approved the new pay-and-display system. Pending approval from city council, the 575 pay-and-display machines are expected to start replacing parking meters in April. Until then, two-hour parking is free along Preston Street.

"We were about to install the single meters all the way down Preston Street, which means digging holes in the cement of the new sidewalks, some of which have fancy brickwork," said Somerset Ward Coun. Diane Holmes. "Then in April, they were going to be taken out and the holes mended."

Preston Street BIA executive director Lori Mellor said their streetscape plan had always anticipated pay-and-display meters. "I think it's going to make merchants very happy," she said.

The implementation, operation and maintenance of pay-and-display parking technology will be provided by Precise Parklink Inc., which initially submitted a unsolicited bid in April 2008. They re-submitted their bid in March 2009 after a request for submissions. One other company, Vinci Park Services Canada Inc. expressed interest, but their bid did not meet the minimum requirements.

Revenue increase

- The new system is expected to increase the city's annual parking revenue by $1,708,000 and there will be a one-time cost of $20,000 for pay-by-cell signage.

Bollards to kick out barriers?

Eight years after temporary protective barriers around the U.S. Embassy cut a lane of traffic from Sussex Drive, the city's transportation committee is asking for it back, or at least make the barriers more aesthetically pleasing.

"What I'm hoping is that we would get the third lane back," said Rideau-Vanier Coun. Georges Bedard. "Hopefully the world will change and we will attain some sense of normalcy, but that isn't the present situation."

Alain Miguelez, a program manager of developmental review process, says the RCMP and the U.S. Embassy have stated they still need the security perimeter setup in response to the events of Sept. 11, 2001.

If there still must be a barrier on Sussex Drive, Bedard said it should at least be functional and attractive.

The city is planning a major reconstruction of Sussex Drive from George Street to St. Patrick Street and as part of this work, the committee wants to replace the waist-high solid concrete barriers around the embassy with short vertical steel and concrete posts, also known as bollards.

Bedard said the question of cost has to be determined. The city also has to investigate the impact bollards might have on sewers and other subterranean infrastructure.

TIM WIECLAWSKI/METRO OTTAWA

Cost sharing

- According to a Dec. 1 memo to councillors from the city's general manager of planning and growth management John Moser, the National Capital Commission has committed funds of up to $1.2 million for part of a cost-sharing agreement of the new security measure.

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Cops take on students in cancer fundraiser

Members of the Ottawa police will go head-to-head with Heritage Public School in a hockey game at the Navan arena. The game is a fundraiser for student Morgan Wall, who is fighting a battle with cancer. METRO OTTAWA

News in brief

CHARGED The Ottawa police high-tech crime/Internet child exploitation unit has charged a 29-year-old Ottawa man with possession of and distribution of child pornography. Joseph Parisien appeared in court yesterday. METRO OTTAWA

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'Little city that moves'

220 people involved in making torch relay a success

TRACEY TONG
tracey.tong@metronews.ca

When the Olympic torch comes through Ottawa just over a week from now, all eyes will be on the iconic torch and its proud bearers.

But behind the pride and the celebration, a small army of about 220 people working 17-hour days and over 100 vehicles make this event — the longest torch relay ever done within one country — a possibility.

Serge St. Louis

Art Lewis

"We're a little city," Olympic torch relay vehicle manager Serge St. Louis told Metro in a phone interview from Edmundston, N.B.

"We have doctors, wash crews to wash the vehicles at night, technicians, shuttle bus drivers, people to handle luggage, communications people, food services, sponsors and torchbearers."

On top of that, there's an advance crew that travels one and two cities ahead to make sure everything is prepared for the arrival of the torch in that city, St. Louis said. "The logistics involved are incredible."

St. Louis, a former field engineer for Saab who is from a town 50 minutes east of Ottawa, was approached about the job.

He shares the duty of maintaining the fleet and keeping it on schedule with Toronto-area resident Art Lewis.

"I'm very fortunate," St. Louis said about the opportunity.

"We're a little city that moves along with the torch. It's a lot for one little torch, but it's so emotional," he said. "I thought I was a tough person, but this has put tears in my eyes a couple of times.

"There was a lady who couldn't afford to buy the torch, and everyone on the bus pitched in and bought it for her," he said.

St. Louis, who started when the torch run began in Victoria and has since been to Nanaimo, Port Alberni, Fredericton, Bathurst, Moncton and countless small towns in between — "I wake up sometimes in the morning wondering what city am I in now" — said one thing unites the most diverse parts of Canada.

"Everybody has welcomed us with open arms. Great people unite these cities," he said.

His favourite sight, he said, "are the smiles on people's faces. You can't get enough of that. It's contagious and you can't help but get into the spirit. It's stronger than you."

On the web

- St. Louis and Lewis are documenting their "a once-in-a-lifetime opportunity," on www.twitter.com/GM_ArtandSerge.

Y campaign receives two large donations

CHARITY The largest fundraising initiative in the history of the National Capital Region YMCA-YWCA got a large cash infusion from two donors yesterday.

The Strengthening the Heart of Our Community Capital Campaign received a legacy gift from longtime supporter and volunteer Bill Marsh, who dedicated his entire estate to the Y. The organization also received $100,000 from the Rotary Club of Orleans for the Ruddy Family Centre, previously known as the Orleans YMCA.

The funds from the Rotary Club will be used to create a new Kids Zone at the centre, while Marsh's gift — the total of which was not named — will be used for the creation of two new pools and to establish an endowment fund to ensure all children can enjoy aquatics.

The campaign's goal is $60 million for seven YMCA facilities. The Y will seek donations from the public in the spring.

TRACEY TONG/METRO OTTAWA

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Group left puzzled by federal funding cut

Kairos, a Canadian church-based group that does human rights and environmental sustainability work, says the federal government has cancelled its funding for overseas projects without warning or reason. THE CANADIAN PRESS

Canada

Missing teen sighted in Alberta: RCMP

Police said yesterday that a Toronto teen missing since the beginning of September may be in southern Alberta, but her father doesn't think potential sightings of his daughter are accurate. The RCMP said that Mariam Makhniashvili possibly tried to sell dream catchers and other crafts to Okotoks businesses and could still be in the area. But her father said from his Toronto home that he didn't believe it. THE CANADIAN PRESS

Censorship of Afghan reports blasted by NDP

National security used as cover: Dewar

The Conservative government has used national security to justify the removal of references to "extrajudicial executions" and "torture" in reports on Afghanistan, says NDP MP Paul Dewar.

The government is set to release to a House of Commons committee a large volume of censored documents relating to the treatment of Afghan detainees.

Conservative ministers have said the documents had to be censored for national security reasons before they could be released to opposition MPs and the public.

But the NDP says it has an uncensored version of one report and comparing the two, has found that the "national security" deletions include the line: "Extrajudicial executions, disappearances, torture and detention without trial are all too common."

"By redacting just that one sentence, the government was able to cover up knowledge of extrajudicial killings and torture in Afghanistan," Dewar said, citing this as an example of overzealous censorship. THE CANADIAN PRESS

Red Cross torture worries?

- The International Red Cross met twice with senior Canadian officials in Kandahar to deliver veiled but insistent warnings about torture in Afghan jails a year before Canada acted to protect detainees. Details of the face-to-face meetings in 2006, outlined in uncensored memos examined by The Canadian Press, undermine the federal government's claims that diplomat Richard Colvin was a lone voice raising vague concerns about torture. A spokesman for the International Red Cross played down the face-to-face sessions with Canadian officials.

Winnipeg Flaherty talks job creation

JOHN WOODS/THE CANADIAN PRESS

Jim Flaherty, minister of finance, speaks at the University of Winnipeg yesterday. He said the government is on track to create or maintain 220,000 jobs this year and next as part of its overall economic plan.

News in brief

STIMULUS Stephen Harper travelled half-way around the world, but couldn't leave Canadian politics behind, choosing China to unveil the government's fourth economic stimulus report card —a status update the Liberals dismissed as misleading.

GOOGLE Another nine Canadian cities can now be toured virtually through Google Street View. Victoria, Nanaimo, B.C., Edmonton, Saskatoon, Winnipeg, Sudbury, Ont., London, Ont., Sherbrooke, Que., and St. John's, N.L., are among the more than 20 Canadian cities that were photographed for the Google feature. THE CANADIAN PRESS

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SCANLIFE

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CN Rail and Teamsters reach a deal
CN Rail and the Teamsters union have reached a deal to end a strike by locomotive engineers which began Saturday. THE CANADIAN PRESS

Neighbours worried about N.B. power deal

The premiers of Nova Scotia and Newfoundland and Labrador have renewed their battle with New Brunswick Premier Shawn Graham over the proposed sale of NB Power to Hydro-Quebec.

Darrell Dexter and Danny Williams have written a letter to Graham making two requests.

They want Graham to finalize an agreement prior to completing the NB Power sale that would see New Brunswick build a transmission line to the Maine border, separate from the power grid that currently exists.

They also want Graham to ensure that applications to transmit power through New Brunswick will be handled under existing rules until agreements are offered to Newfoundland's energy company or other Atlantic companies before the NB Power sale is complete.

Williams says he does not believe in Graham's past assertions that Newfoundland or other provinces don't need written guarantees to ship power through New Brunswick to the United States in the future.

"The previous statements made by the premier of New Brunswick are not sufficient to give us confidence that reliable open access will be available across New Brunswick to the Maine border after the deal with Quebec is consummated," Williams said in a joint statement with Dexter yesterday.

Danny Williams

"This situation requires clear and explicit clarification and certainty."

Dexter said he and Williams were looking out for Atlantic Canada's future interests.

THE CANADIAN PRESS

News in brief

KAZEMI The Iranian government defended itself through a Montreal law firm in a $17-million civil suit launched by the estate and family of Montreal photojournalist Zahra Kazemi over her detention, torture and slaying.
THE CANADIAN PRESS

Report calls for more family docs

HEALTH Increasing the number of practising physicians is key to reaching a goal that would see nearly all Canadians with their own family doctor by 2012, according to a new report.

The report, entitled The Wait Starts Here, was released yesterday by the College of Family Physicians of Canada and the Canadian Medical Association, who formed the Primary Care Wait Time Partnership to explore these issues. THE CANADIAN PRESS

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Games law worries civil liberties panel

A committee struck to advise security planners on civil liberties issues around the 2010 Winter Games says some issues continue to raise concerns — including a controversial law that would force people into homeless shelters before the Olympics as well as the establishment of special zones for protesters. THE CANADIAN PRESS

It's a whale of a name

Online vote puts Nala the beluga in the swim

The Vancouver Aquarium has named its newest beluga whale.

Aquarium members were offered five possible choices and, in an online vote, selected Nala as the name for the six-month-old female beluga.

Nala is a shortened form of the Inuktitut word for "surprise gift."

The little whale was born June 6 to Aurora, the aquarium's 19-year-old female beluga.

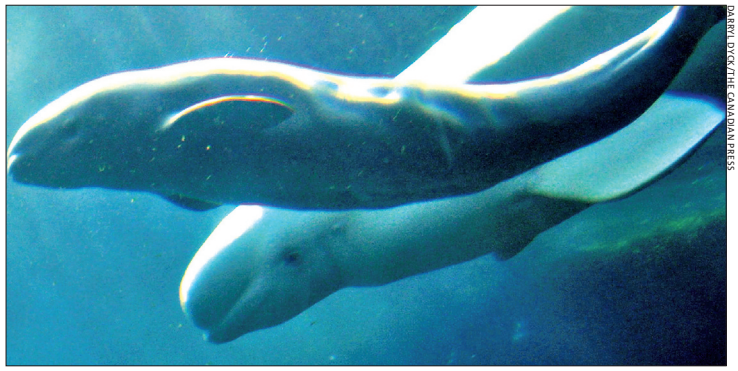
David Joyce of Burnaby, B.C., entered the winning name.

Joyce receives an aquarium membership and gift certificate.

Nala joins a growing pod of belugas at the aquarium, including Aurora's grown calf Qila, Qila's 18-month-old calf, Tiqa, Imaq, the proud dad and 38-year-old Kavna, the eldest female. THE CANADIAN PRESS

The Nala file

- Nala the beluga was born June 6 to Aurora, 19.
- The baby was about 1.5 metres long and weighed roughly 60 to 70 kilograms.



DARRYL DYCK/THE CANADIAN PRESS

Aurora, a 19-year-old Beluga whale, swims with her calf Nala.

The bride wore ... black

WEDDED BLISS? It was supposed to be a quick bathroom break at a Tim Hortons before the bride-to-be walked down the aisle.

But Nancy Rose spotted an enraged woman racing toward her, a can of spray-paint in her hand.

As the wedding party watched in disbelief, her sister-in-law began dousing her with black paint, soiling her gown and veil.

"I was blown away — I think I went into shock for a few minutes," said Rose, who didn't want to disclose her location outside Nova Scotia.

Michelle King, who is married to Rose's brother, was given a conditional discharge after pleading guilty to mischief charges.

A Halifax judge ordered King to undergo anger management counselling and pay $2,000 in restitution to Rose — who was married about 45 minutes late. THE CANADIAN PRESS

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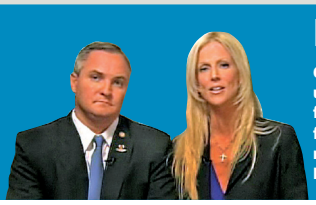
Microsoft releases updated Bing Maps service

Microsoft Corp. is releasing an updated version of its mapping service with street-level views and new "apps" that tack on tweets, traffic and other location-specific data. The new version of Bing Maps was released yesterday in a "beta" test mode. THE ASSOCIATED PRESS

World



Party crashers not invited: Emails

Copies of emails between the White House party crashers and a Pentagon official undermine their claims that they were invited to U.S. President Barack Obama's first state dinner. Tareq and Michaele Salahi pressed the friendly Pentagon aide for four days to score tickets to the big event in honour of Indian Prime Minister Manmohan Singh. By their own admission in the emails, they showed up at the White House gates at 6:30 p.m. on Nov. 24 without an invitation. THE ASSOCIATED PRESS

Taliban rebuff troop buildup

The Taliban rebuffed President Barack Obama's new war plan for Afghanistan yesterday, saying his strategy to send 30,000 new troops will only lead to more American casualties.

If conditions are right, Obama said U.S. forces could begin leaving Afghanistan in 18 months. Gen. Stanley McChrystal, the top U.S. commander in the country, said the Afghan government and its international partners should use the coming year-and-a-half to convince the Taliban they can't win and offer militants a way to quit "with dignity."

In a statement, the Taliban said the Obama administration's plan was "no solution for the problems of Afghanistan" and would give insurgents an opportunity "to increase their attacks and shake the American economy, which is already facing crisis."

Obama only set a tentative pullout date for July 2011 to lessen the sensitivities of Afghans about the troop buildup and decrease the American public's opposition to the war, the Taliban statement said.

THE ASSOCIATED PRESS

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SCANLIFE

Experts point to a lack of credibility and political will for the U.S. as reasons for Europe's tepid response to the surge plan. Scan this barcode for the full story.

India **25th anniversary of gas disaster**

AMAL QADRI/THE ASSOCIATED PRESS

A victim of the Bhopal gas disaster shouts during a torch procession towards the abandoned Union Carbide factory on the eve of 25th anniversary of the disaster, in Bhopal, India yesterday. The Bhopal industrial disaster killed about 4,000 people on Dec. 3, 1984. According to the government, at least 500,000 people were affected by the gas leak.

Student's lawyer in murder trial breaks down in courtroom

ITALY A defence lawyer for a student accused of killing her British roommate broke down after urging the court to give his client back her life. But a prosecutor called the accused a compressed spring who exploded the night of the murder.

Amanda Knox and her ex-boyfriend Raffaele Sollecito are being tried in Perugia for the 2007 slaying of Meredith Kercher.

Luciano Ghirga, one of Knox's lawyers, insisted in court that Knox was the victim of a "mechanism that crushed her."

"Amanda is asking to have her life back. Give Amanda her life back by clearing her of all charges," Ghirga said, fighting back tears at the end of his concluding remarks.

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Billionaire's body back with family

A coffin containing the body of an Austrian billionaire has been returned to his family, more than a year after it was stolen from a graveyard by thieves who blackmailed the relatives for $150,000, police said yesterday.

It also emerged that criminals from Hungary and Romania were involved in the crime, and that private investigators and security companies had been involved in the search for the coffin without telling police.

"This is a large case of blackmail that was carried out very professionally, although it involved a rather unusual instrument — a coffin," said Ernst Geiger, the organized crime chief at Austria's equivalent of FBI.

The coffin and Austrian billionaire Friedrich Karl Flick's body were returned to Flick's relatives Tuesday, said Flick family spokesman Joerg-Andreas Lohr.

Budapest police chief Gabor Toth told reporters that private detectives hired by the Flick family had found the coffin last month in Budapest, even as the police in Hungary and Austria were still investigating the crime. Private investigators and security companies from Austria, Ukraine and Hungary had been involved in the search, without informing police of that, Toth said.

The police were investigating whether the private detectives had broken the law.

Meanwhile, a 41-year-old Hungarian lawyer identified only as Barnabas Sz. is suspected of masterminding the crime and was in police custody, Toth said.

The thieves were demanding $9 million in ransom for the casket and Flick's body, said Geiger.

A Hungarian man who allegedly was hired by the main suspect to drive a truck from Austria to Hungary with the stolen coffin, was detained by police last week.

It was through him that police unravelled the rest of the story and the involvement of the private companies.

Several other suspects were still at large, including three believed to be Romanian citizens, police said.

Toth said an international warrant had been issued for the arrest of Laszlo (Grizzly) Farago, a Romanian man suspected of picking up a preliminary payment of $150,000 in Vienna from the Flick family July 3.

Yesterday, Lohr confirmed that the remains had been returned and said a second burial was planned for the coming days.

Lohr added the family was relieved the ordeal was over. THE ASSOCIATED PRESS

Flick

- The remains of Austrian billionaire Friedrich Karl Flick were stolen from a cemetery in Velden, southern Austria, in November 2008. Flick had died two years earlier at a time when Forbes magazine said he was among the 100 richest people in the world. He owned Austria's largest private forest and led a German industrial empire.

Babysitter gets 125 years in prison

COURTS A U.S. babysitter convicted of videotaping herself performing sex acts with children as young as 2 months old has been sentenced to 125 years in prison.

Samantha Light last month pleaded guilty to three felony counts of child molesting in circuit court in Indiana.

During sentencing yesterday, the 26-year-old Light apologized and said she had been coerced by her boyfriend. She said while she appeared happy on the video tape she had felt like she "was dying inside."

Light and her boyfriend, Stephen E. Quick II, have been jailed since March after a three-year-old girl told her mother she had been touched inappropriately by her baby sitter and that the couple had taken photographs. THE ASSOCIATED PRESS

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Comment

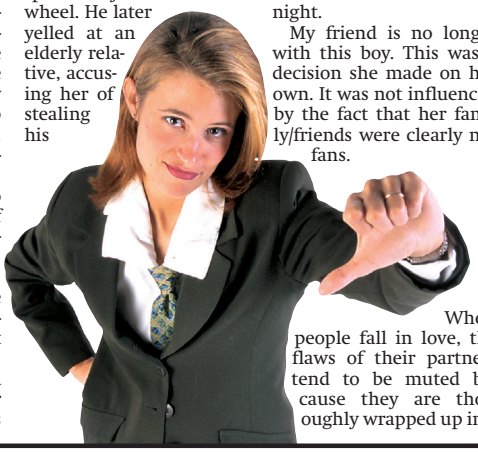
Drawing relationship battle lines

One of my superpowers is that I am an excellent judge of character. It doesn't take long for me to decipher whether someone is a good-hearted and decent soul or if they should be avoided at all costs. This is as true for potential friends as it is potential dates.

Unfortunately, not everyone shares this superpower. And sometimes, wonderful people get romantically involved with the deeply unworthy. Over the years, I have regrettably had several pals pair up with arrogant, ignorant, ambition-free jerk festivals.

It's a tricky position to be in, hating the partner of a friend. Faking enthusiasm and friendliness when you're forced to share the same airspace gets old. It's not easy, biting your tongue until it bleeds.

Several years ago, I met a close friend's boyfriend for the first time. He picked us up in his car and promptly sparked a joint behind the wheel. He later yelled at an elderly relative, accusing her of stealing his liquor.



It was a banner Friday night.

My friend is no longer with this boy. This was a decision she made on her own. It was not influenced by the fact that her family/friends were clearly not fans.

When people fall in love, the flaws of their partners tend to be muted because they are thoroughly wrapped up in a magical world of puppies and kittens and butterflies and red velvet cupcakes and baby birds made out of marzipan.

It's a huge risk to let a friend know that you don't approve of their significant other. For some, anyone who does not love their lover becomes The Enemy. Logic and emotion are like oil and water. Speaking up about your reservations is a quick and easy way to make a friendship super awkward. Or end it.

For some, dating someone sub-par is preferable to being single. It's like a sad game of musical chairs; people scrambling to grab the nearest available chair, utterly terrified of being the one left standing.

But those with strong senses of self are fine to stand for a few rounds. Why rush to sit in a crappy chair that will give you splinters and quite possibly collapse?

If your particular "chair" is the product of shoddy craftsmanship, chuck it to the curb. Because somewhere, there is a kick-ass heated orthopedic chair with a built-in massage mechanism and a lifetime guarantee that's got your name on it.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Divorce sucks – but it doesn't have to

I remember years ago a very wise man telling me, "Divorce is all some people have to look forward to."

At the time, I thought divorce was sad. It was also before I'd been married and divorced. The actual truth about divorce as Mary Jo Eustace, author of Divorce Sucks, whose husband (Dean somebody) was stolen away by actress Tori Spelling, knows is that it can be the best thing to happen to you.

I originally picked up her book hoping it would be a dirt-filled slag-fest and I could feed my inner gossip, which would in turn feed my outer one. No bitter pill in Eustace's book though. Rather, a hilarious guide helping divorced, specifically dumped women, get through the trauma, or as Eustace calls it, a "tsunami" of divorce. This is the pep talk they need, not therapists enabling the moaning and groaning for years.

Eustace was initially caught off guard when her husband de-camped. In retrospect she realized divorce had been imminent when she examined her marriage. That's what happens when most of us do. Husband not interested in sex? He hates you. You cringe at the sound of him breathing or eating cereal. You hate him.

However, some people don't have the guts to pull the plug. When women like Spelling come along, they do us a favour. What you get is to be yourself again and a second chance at life. As Eustace says, it's a "reintroduction to yourself." In other words, it's psychological botox, a good hair day and a laxative that actually works, all rolled up in one.

While Eustace was unfortunate enough to have her story told in all of the gossip magazines and on TV, she was also lucky enough to get divorced in six months — which could never happen in Canada.

She encourages women to depend on themselves, which means establishing fair custody and child support as well as sticking up for themselves in terms of spousal support. She reminds women to run their personal lives as businesses of which they are now the CEO.

And, finally, she counsels them to enjoy themselves. If marriage is a lifetime commitment (or for some a life sentence) but you got fired, embrace your new life. Says Eustace, "You're no longer on a day pass. This is your life and you're in charge."

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

MICHAEL DE ADDER

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

'Tiger Inc.' OK so far

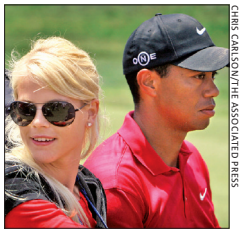
Woods' sponsorships remain despite shadow over golfer

He is Tiger Inc. Hear him roar.

Multimillion-dollar contracts. An estimated $100 million in endorsements per year. More than $92 million from PGA tournament wins. Ballooning PGA ticket sales and TV viewership levels.

Tiger Woods was, until now at least, a thoroughly unpolarizing sponge for corporate money who, according to Forbes magazine, is the first billion-dollar pro athlete in the history of sport.

The mysterious middle-of-the-night SUV crash last week has cast a shadow over this empire. And revealing yet vague confessions of "personal sins" and "letting my family down" have only fuelled interest in his private drama. Yet, so far at least,



CHRIS CARLSON/THE ASSOCIATED PRESS

Tiger Woods, right, and his wife, Elin Nordegren.

Woods's financial future remains unshaken. Although he may have bogeyed this crisis, his value to the world of pro golf remains immense, as shown by the near-universal anxiety over how long he will be out of commission. So far, at least, his many sponsors, including Nike, Gillette and Gatorade, are standing by him.

"None have left him. I don't expect any to leave him. I don't expect it to adversely affect any deals he may be negotiating," said Marc Ganis, president of Sportscorp, a sports business consulting firm in Chicago. "He is arguably the most famous and attractive celebrity endorser in the world today. This incident has tarnished (that) only a bit."

Of course, sports marketing experts were cautious enough to note that the story, hitherto vague, could shift and become more lurid and embarrassing as details emerge.

"Things probably will change, as this story continues to be played out," said Rick Burton, a professor at Syracuse University who specializes in sports marketing.

TORSTAR NEWS SERVICE

Google heeds to media anger

NEWS Google Inc. is allowing publishers of paid content to limit the number of free news articles accessed by people using its Internet search engine, a concession to an increasingly disgruntled media industry.

There has been mounting criticism of Google's practices from media publishers that argue the company is profiting from online news pages.

A Google official said the company will make sure publishers can limit users to viewing no more than five articles a day without registering or subscribing.

THE ASSOCIATED PRESS

Business in brief

ENERGY Talisman Energy Inc., a Calgary-based company that produces oil and gas around the globe, is laying off 220 workers in its North American natural gas business, which is in the midst of restructuring.

THE CANADIAN PRESS

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Braves sign Wagner

The Atlanta Braves took another major step toward solidifying their pitching staff for next season, agreeing yesterday to a $7-million US, one-year contract with closer Billy Wagner. The 38-year-old Wagner missed most of last season following elbow ligament replacement surgery. THE ASSOCIATED PRESS

Sports

Iverson back in Philly

Allen Iverson is rejoining the Philadelphia 76ers. Sixers president Ed Stefanski announced the signing yesterday on the team's website. Iverson is expected to make his debut Monday at home against the Denver Nuggets.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Cost of damage: $3,200

Report on Woods' SUV crash lists destroyed property

Tiger Woods caused $3,200 US in property damage, wasn't wearing a seatbelt and was driving erratically outside his Florida home before crashing into a tree, according to a final report released yesterday.

The six-page report only describes the accident and does not include statements from Woods, his wife, Elin Nordegren, or witnesses. It also included 105 photos of the accident scene.

The report's release came just hours after the world's No. 1 golfer put out a statement saying he had let his family down with "transgressions" he regrets "with all of my heart." That statement follows a cover story in Us Weekly magazine that reports a Los Angeles cocktail waitress claims she had a 31-month affair with Woods.

Early yesterday morning, the magazine published what it said was a voice mail — provided by Jaimee Grubbs — that Woods left on her phone Nov. 24, three days before his middle-of-the-night car crash outside his home in Isleworth, an exclusive gated community outside Orlando.

The final accident report shows Woods didn't just hit a fire hydrant and tree.

Upon leaving his driveway, Woods' vehicle rubbed up against a line of bushes, crossed over a curb, onto a grass median and into a row of hedges before swerving left into the hydrant and crashing into the tree, an illustration in the report shows. Woods' vehicle was travelling 30 m.p.h. (48 km/h) in a 25 m.p.h. (40 km/h) zone. Damage to the SUV was estimated at $8,000.

Photographs of the accident were taken by security officers in the Isleworth community, a neighbour and troopers. The photos show damage to both front sides of the Cadillac Escalade, and the windows on the back passenger doors were broken.

THE ASSOCIATED PRESS

Tiger Woods

Sports in brief

SOCCER Manchester City scored three second-half goals yesterday for a 3-0 win over Arsenal and a meeting with defending champion Manchester United in the League Cup semifinals. City is on a streak of seven draws in the Premier League but advanced to its first semifinal since 1981 with a second win over Arsenal this season.

NHL The Montreal Canadiens dealt centre Kyle Chipchura to the Anaheim Ducks yesterday in exchange for a fourth-round draft pick in 2011. Chipchura, a first-round pick of the Canadiens in 2004, has been held pointless in 19 games this season.

BASEBALL Get ready for more post-season baseball games — and fewer days off. Players would like to see the first round of playoffs expand to best-of-seven when their next labour contract starts in 2012, Michael Weiner said yesterday in his first news conference since replacing Donald Fehr as the union head.

SOCCER FIFA rejected the use of extra match officials at next year's World Cup yesterday despite the uproar over Thierry Henry's handball that helped France qualify at the expense of Ireland. FIFA president Sepp Blatter said there will be no change at the World Cup from June 11 to July 11, but there are further plans to introduce more match officials or technology at a later stage.

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- Deirdre McConnel, Women Against Rape, April 2001 in UN Human Rights Session.

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115,000 women and girls are subjected to sexual harassments and intimidations by the Sri Lankan state and paramilitary forces in detention camps. The Government of Sri Lanka continues to use rape as a means to silence the war victims.

Speak for the silenced. Ask your Member of Parliament to stand up for Democracy and Human Rights in Sri Lanka. It is the Canadian thing to do.

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UFC headed Down Under
The UFC is going Down Under, the mixed martial arts organization confirmed yesterday. UFC 110 is scheduled for Feb. 21 at the Acer Arena in Sydney. THE ASSOCIATED PRESS

Celebration time in Montreal

Thousands turn out to cheer Alouettes in parade

The celebration was uniquely Montreal.

Tens of thousands of people swarmed the city's downtown streets for a trilingual festival yesterday, singing in both official languages and even in Spanish as they warbled a soccer chant that's recently become fashionable at games of their beloved Canadiens.

And why was this city swaying to a Spanish-language hockey song? Because it was a victory parade for the Canadian Football League's Montreal Alouettes.

Chants of "Ole-Ole-Ole!" rang out from crowds that engulfed the city's core as Montrealers spent their lunch hour cheering on the Grey Cup champions.

The Alouettes have been a dominant force in the CFL for years, but had lost their last four Grey Cup appearances since winning in 2002.

> **"As many times as we've disappointed, the fans have been disappointed, they still come out here and respond by supporting us."**
> Als' QB Anthony Calvillo

They appeared set to lose again Sunday — this time to the Saskatchewan Roughriders — until they mounted a stunning fourth-quarter comeback and then took advantage of a bizarre penalty with no time left on the clock.

Montrealers celebrated the win yesterday by tossing confetti from windows along Ste-Catherine Street onto the passing players, who pumped their fists skyward and waved at the crowd as they passed by on flat-bed trucks. Some placed the crowd size in the hundreds of thousands.

"It's truly amazing," said Alouettes quarterback Anthony Calvillo. "As many times as we've disappointed, the fans have been disappointed, they still come out here and respond by supporting us and coming to this parade."

Calvillo said the Als' improbable, final-second comeback is a perfect example of why you have to play for the entire 60 minutes. "If you're going to beat yourself in your head then you have no chance — but we never gave up," he said.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Montreal Alouettes quarterback Anthony Calvillo holds up the Grey Cup for the fans yesterday, during the victory parade in Montreal. The Alouettes beat the Saskatchewan Roughriders 28-27 in Sunday's Grey Cup game.

Youth not a factor for world junior squad brass

HOCKEY John Tavares and Evander Kane have graduated to the NHL, but new talent like Taylor Hall and Tyler Seguin will be battling for spots on Canada's world junior hockey team.

They were among 36 players invited yesterday to a selection camp for the Canadian team that will compete at the world junior tournament beginning Dec. 26 in Saskatoon and Regina. The camp will be held Dec. 12-16 in Regina.

The list includes three players under 18 — Seguin of the Plymouth Whalers, John McFarland of the Sudbury Wolves and defenceman Brandon Gormley of the Moncton Wildcats — as well as Hall of the Windsor Spitfires who just turned 18. All four are expected to go in the top 10 of the NHL draft in June.

"We don't deal in quotas," said head scout Al Murray. "When they hit the ice, no one looks at birth certificates.

"It's not unusual for a 17-year-old to come in and make the team."

The camp will be used to select a 22-man squad that will try to bring in a sixth consecutive gold medal for Canada.

NHL clubs have kept several players still eligible for the under-20 tournament, including Tavares with the Islanders, Kane with Atlanta, Matt Duchene and Ryan O'Reilly with Colorado, and Michael Del Zotto with the Rangers.

THE CANADIAN PRESS

Returning crop

- Seven players return from last year's gold medal-winning Canadian team in Ottawa, including Alex Pietrangelo, Colten Teubert, Jordan Eberle, Ryan Ellis, Cody Hodgson, Patrice Cormier and Stefan Della Rovere.

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Fitzpatrick to start for Bills today

NFL For the first time since taking over as the Buffalo Bills interim coach, Perry Fewell didn't find it necessary to announce his starting quarterback.

That decision is a given: Fewell's sticking with Ryan Fitzpatrick.

The fifth-year player, who began the season as Trent Edwards' backup, has secured the No. 1 job, most likely for the rest of the year. Fitzpatrick will make his third consecutive start — and fifth this season — today, when Buffalo (4-7) plays the New York Jets (5-6) in Toronto.

Under Fitzpatrick, the Bills have generated more than 340 yards of offence in each of their past two games.

THE ASSOCIATED PRESS

No seed for France in draw

SOCCER France will not be a seeded team at Friday's World Cup draw, setting up potential clashes with powerful teams like Brazil or Spain in the group stage.

Host South Africa will be seeded in Group A, allowing it to open the World Cup at Soccer City on June 11. The other seeded teams — based on the October FIFA rankings — are Brazil, Spain, the Netherlands, Italy, Germany, Argentina and England.

France won the World Cup in 1998 and was runner-up in 2006 but struggled to qualify for the 2010 event, prevailing only in a contentious playoff against Ireland highlighted by a handball from Thierry Henry which led to the decisive goal.

FIFA secretary general Jerome Valcke said France was a victim of its lacklustre qualifying campaign since the seedings were based on the October rankings.

In France, former national team coach Michel Hidalgo immediately raised questions. "I am asking myself if this is not a sanction for the handball of Henry," he told RTL radio. "It is an injustice. It looks like France is being sanctioned." THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Vancouver 5 New Jersey 2
Boston 4 Tampa Bay 1
Florida 6 Colorado 5 (SO)
Minnesota 5 Nashville 4 (OT)

TODAY'S GAMES
Montreal at Buffalo
Vancouver at Philadelphia
Florida at Washington
N.Y. Islanders at Atlanta
Toronto at Columbus
Colorado at Pittsburgh
Edmonton at Detroit
Anaheim at Dallas
Calgary at Phoenix
OTTAWA at Los Angeles
St. Louis at San Jose

NBA

YESTERDAY'S RESULTS
Atlanta 146 Toronto 115
Cleveland 107 Phoenix 90
Dallas 117 New Jersey 101
Orlando 118 New York 104
Washington 104 Milwaukee 102
Philadelphia at Oklahoma City
Detroit at Chicago
Memphis at Minnesota
Indiana at Sacramento
Houston at L.A. Clippers

TODAY'S GAMES
Boston at San Antonio
Houston at Golden State
Miami at Denver

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HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Get your music on

These MP3-related gifts will keep the beat going

RAFAEL BRUSILOW
for Metro Canada

The Sirius Stiletto 2 satellite radio, below, streams music from more than 120 channels.

You love having your music at your fingertips' reach, so here are some of Metro's picks for MP3-related gizmos that will keep the beat going this holiday season:

Sirius Stiletto 2 satellite radio & MP3 player
$299.95 + subscription fee

Combining the portable practicality of an MP3 player with the vast possibilities of satellite radio, the Sirius Stiletto 2 is one heck of a cool gadget. The small and sleek player streams music from more than 120 commercial-free music channels broadcast by Sirius' satellites and can even record up to 100 hours of content so you can listen to your favourite channel or commentator when you have time (or aren't in the office when the censor-free commentary starts to fly). The Stiletto also plays MP3s and WMA files so you can keep your music collection with you for those times you just have to hear We Are The Champions one more time. An optional home and car dock can be picked up for the player as well. For people already subscribed to Sirius, the Stiletto 2 is a no-brainer and for the rest, it makes a very solid case for jumping on the bandwagon.

These Panasonic Ergofit Noise Isolating Earbuds are available in three sizes and come in a variety of colours, including blue, green and purple.

Nokia 5800 XpressMusic Smartphone & MP3 player
$199.99 on select three-year plans with Rogers

While it's technically a phone first, the Nokia 5800 XpressMusic is so well geared towards playing music that it outshines a large number of MP3-only players on the market. The built-in stereo speakers that provide surprisingly good — and loud — external sound should be the first tip-off that this gadget is a lot more than your average MP3-capable phone. The 5800 features a touch screen and memory capacity for MicroSD cards up to 16 gigabytes in size, plenty of space to load up on your favourite songs. Nokia has purportedly shipped almost 10 million of these things in the year since it came out and with good reason — it's a great music player with unique appeal that still works as a solid phone.

Panasonic Ergofit Noise Isolating Earbuds
$29.99

Earbud headphones are one of the hardest components to get right because fit, sound quality and price always seem to trample over each other along the way. That's what makes the Panasonic Ergofit Noise Isolating Earbuds such a standout — they manage to hit all three points very effectively. Available in three sizes (S, M, L) for varied ear shapes and in a requisite variety of colours, the Ergofit buds are also attached to a practical tangle-free cord slider. Panasonic touts the buds as providing high-quality sound performance due to "virtual cavity technology," something that's probably not nearly as vulgar as it sounds. While there are plenty of good-quality buds that are expensive, and many bad-quality ones on the cheap, these little guys are, for once, the right quality at the right price.

Pioneer iPod Digital Video System
$499

Not for the weak of wallet or faint of heart, Pioneer's powerful iPod docking station is the iPod dock to end all other iPod docks. While it's certainly not cheap, this high-end offering will let you go beyond simply pumping up the volume on your iPod's music playback by turning your iPod into the primary entertainment device in your home. Besides the great sound quality from the 2.1 channel full range speaker system with subwoofer, the station can also be connected to an LCD or Plasma TV to share movies and photos stored on your iPod. You can even transmit music to the station wirelessly from your iPod as well, meaning you can play DJ from any room in your home. Pioneer has a great reputation for sound quality and the iPod Digital Video System does not disappoint.

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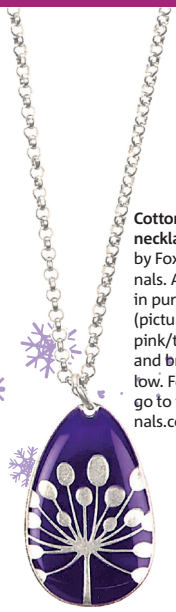
Merry mauve



Cotton necklace, $32, by Foxy Originals. Available in purple/grey (pictured), pink/turquoise, and brown/yellow. For more, go to foxyoriginals.com.

Pebble necklace, $48, by Foxy Originals. Available in purple (pictured), blue and black. For more, go to foxyoriginals.com.

Purple sleeveless dress with rosette detail, $275, at select Melanie Lyne stores. For more, go to melanie-lyne.com or call 1-877-973-6090.

HAWAI RING
These three trendy rings can be stacked or worn one at a time! One ring features the "Evil Eye," which brings good luck, making it the perfect good luck charm.
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Available at Swarovski stores across Canada.
swarovski.com

Satin tie neck dress, $34.50, at Old Navy. For more, go to oldnavy.ca.

Leather gloves, $85, at Banana Republic. For more, go to bananarepublic.ca.

Euphoria eau de toilette spray by Calvin Klein, $68 for 50 mL or $89 for 100 mL. Available in department and drug stores across Canada. The larger size is only available in department stores. For more, go to coty.com.

Satin jewel clutch, $110, at Banana Republic. For more, go to bananarepublic.ca.

Striped sweater booties, $22.50, at Old Navy. For more, go to oldnavy.ca.

GOSH Mystery Night nail lacquer, $6 each, available at Shoppers Drug Mart. For more, go to shoppersdrugmart.ca.

Berry merry purple shoes by Jessica, $49.99, at Sears. For more, go to sears.ca.

Hostess gift
Scented candle in etched glass, $7.99. Available at HomeSense. For more, go to homesense.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Let the spirits ring

Limited edition 2009 Absolut vodka holiday bottle, $23.95-$27.49 for 750 mL (SRP) in select provinces. For more, go to absolut.ca.

Humour Coaster Set, $4.99. Sayings include "Uncork the Merry" and "Shake Your Sugar Plums." Available at Hallmark, hallmark.ca.

Red Mosaic Cocktail Shaker, $29.95, and **Red Mosaic Champagne Bucket,** $36.95, at Pier 1 Imports. For more, go to pier1.ca.

PC Rich & Creamy Chocolate Egg Nog, $3 for 1L bottle, and **PC Naturally Flavoured Mulled Apple Cider Sparkling Soda,** $1 for 2L bottle or 12 x 355 mL cans. Go to pc.ca for more.

MERRY CHERRY RECIPE, WITH SKYY VODKA
1 oz. Skyy Vodka
1 oz. cherry juice
1/2 oz. Carolanns Irish Cream
1/2 oz. Godiva White Chocolate Liqueur
Combine all ingredients in a tall mixing glass. Add ice and shake vigorously. Strain into a martini glass. Rim glass with coconut shavings.
SKYY VODKA, $24.95 (for 750 mL) SRP
Available at liquor stores across Canada.
skyy.com

Wolf Blass Yellow Label Cabernet Sauvignon, $16.45 SRP (for 750 mL). Available at liquor stores across Canada. For more, go to wolfblass.com.

Moët & Chandon Grand Vintage 2000, $83.95 SRP. Available at participating stores across Canada.

Veuve Clicquot La Grande Dame, $238.95 SRP, left, and **Veuve Clicquot Ice Jacket,** $64.95 SRP. Available at participating stores across Canada.

Cocktail mixers, $7.99 each, at Home Sense. For more, call 1-866-466-3707 or visit homesense.ca

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Jingles for the holidays

BRYAN BORZYKOWSKI
for Metro Canada

If you're one of the many Christmas-loving music fan out there, fall must be your favourite season of the year.

Besides many big-named artists putting out albums before the New Year, a sundry of Christmas and holiday discs also make their way into stores. Here's a list of some of the best Xmas records of 2009:

Sting
If On A Winter's Night

A word of warning: Sting's winter-themed record isn't meant for your Christmas Eve gathering with the family. There are no sunny holiday tunes, or cuddle-by-the-file ballads — instead it's a very serious song set of eerie lullabies and carols from the British Isles. The tunes are filled with haunting strings — violins, harps and mandolins — Gaelic words (and English ones too) and plenty of hymnal arrangements. It's engaging, thought provoking and, may be the most interesting holiday disc of the bunch.

Bob Dylan:
Christmas in the Heart

When most people found out Bob Dylan was tackling a Christmas album, the shock was palatable. After all, he's a legendary folk singer who's linked more with 60s protesters than Santa's elves. But the disc is actually quite good. Sure, it's definitely strange — Little Drummer Boy doesn't have the same elegance when Dylan's gravely voice gets a hold of it — but how awesome is it to hear this legend sing a rollicking version of Here Comes Santa Claus? A stocking stuffer for sure.

Various Artists
A Very Special Christmas 7

A Very Special Christmas was first introduced 22 years ago and it's still going strong. Its seventh version will appeal to the youngsters in your family — tween-oriented superstars like Miley Cyrus, Ashley Tisdale and Vanessa Hudgens all contribute to the disc. While some performers may be a bit surprising, i.e. Gossip Girl's Leighton Meester, the songs are all familiar. Sean Kingston's Little Drummer Boy, Cyrus' Rockin' Around the Christmas Tree and Carrie Underwood's Hark! The Herald Angels Sing are standouts.

Jackson 5
Ultimate Christmas Collection

It's no surprise that the Jackson clan wants to continue selling records in the wake of Michael's death. Fortunately, this isn't just a quickly culled together disc. It was originally released in the '70s and features funky versions of a number of Christmas classics. The soulful take on Santa Claus is Coming to Town is especially memorable, while the dance-ready rendition of Up in the Housetop should get your whole family gathering on their feet. Bonus tracks include the MJ tune Little Christmas Tree, season greetings from Michael, Tito, Jermaine and Jackie and other stripped down remixes.

Beach Boys
Christmas Harmonies

The Beach Boys are best known for their fun in the sun, but with their rich harmonies and penchant for sleigh bells, it's a wonder they weren't a winter band. This release combines two of their holiday discs — The Beach Boys' Christmas Album and Merry Chrsitmas from the Beach Boys. There are standards here — Santa Claus is Coming to Town, I'll be Home for Christmas — but there's plenty of original tracks as well. The warm Little Saint Nick is probably their most famous.

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Holiday Shopping Guide

Season's eatings

Green & Black's Organic Miniature Bar Collection, $17.29. Includes 12 miniature 15g chocolate bars. For more, go to greenandblacks.com.

Retro candy, $4.99-$6.99 each, at HomeSense. For more, 1-866-466-3707 or visit homesense.ca.

Cadbury Caramilk Fondue Set, $19.95; **Cadbury Crunchie Fondue Set,** $19.95; and **Fondue Fillers,** $9.95 each. Available at Walmart, Kitchen Stuff Plus, Blockbuster, Stokes, Giant Tiger, and other select retailers across Canada. For more, go to canada.cadbury.com.

Candy coal, $3.99, at Winners. For more, call 1-877-946-6877 or visit winners.ca.

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Cocoa Trio, $10.95, at Starbucks. This trio of red tins is filled with three different flavours of all-natural cocoa: Classic Hot Cocoa, Peppermint Cocoa and Salted Caramel Cocoa. Available at participating Starbucks shops across Canada.

Tim Hortons Old-Fashioned Butter Fudge, $4.95, and **Tim Hortons Old-Fashioned Maple Fudge,** $4.95. Each box contains 10 individually wrapped pieces. Available at participating Tim Hortons restaurants across Canada.

Le Chocolat Slabs, $4.99 each. Available at Shoppers Drug Mart, shoppersdrugmart.ca.

Hammond's ribbon candy, $11.99, is hand-made. Available at Indigo and Chapters stores across Canada.

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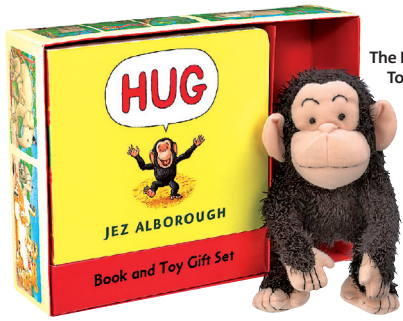
Mr. Potato Head Santa Spud, $9.99, comes with a hat, shoes, and a beard with lips. Available at major retailers. Go to hasbro.com for more. METRO NEWS SERVICES

Holiday Shopping Guide

Toddler toys



The Hug Book and Toy Set, $9.99 at Winners. For more, call 1-877-946-6877 or visit winners.ca.

Playskool Step Start Walk 'N Ride, $34.99, is a walker that converts to a ride-on toy.

Blocksters Blockimals, $19.99, features a farm or jungle animal inside. Available at major retailers across Canada, including Walmart, Zellers and Toys R Us.

Zipfy mini luge, $39.95, comes in in green, pink, and blue. Available at Indigo and Chapters stores nationally. For more, go to chapters.indigo.ca.

Wooden Toy Chest, $49.99, at HomeSense. For more, call 1-866-466-3707 or visit homesense.ca.

Puzzle Block Set, $9.99 at HomeSense. For more, call 1-866-466-3707 or visit homesense.ca.

Chuck My Talking Truck, $44.99, is a preschool boy's best buddy — he always has something to say, such as, "We've got work to do!" Available at Walmart, Zellers and Toys R Us.

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Holiday Shopping Guide

Creature comforts

Powermat Home & Office Mat, $99.99; and **Powermat Travel Mat,** $99.99, both by The Sharper Image. Works wirelessly to charge three to six devices — such as an iPod, Blackberry or handheld game — depending on the model. Available at The Source, Future Shop, Best Buy and London Drugs.

Polarod Pogo digital imaging printer, $69.99, at Home Outfitters. For more, go to homeoutfitters.com.

Homemedics Shiatsu massage chair pad, $127.99, at Home Outfitters. For more, go to homeoutfitters.com.

ObusForme Performance Driver's Seat Cushion, $79.99, features back support technology that conforms to your back's natural curvature, as well as eight massage motors and a seat heater. Available at Canadian Tire, canadiantire.ca.

Equip iPod Docking Station, $64.99, at Shoppers Drug Mart. For more, go to shoppersdrugmart.ca.

Thule Seat Organizer, $17.99, keeps everything within reach. Available at Canadian Tire, canadiantire.ca.

Yada Visor-Mounted Bluetooth Speakerphone, $129.99, features a text to speech system that announces incoming calls so the driver can determine whether to answer a call without taking their eyes off the road. Available at Canadian Tire, canadiantire.ca.

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Holiday Shopping Guide

Glad tidings

Nostalgia retro popcorn machine, $59.99. Available at Home Outfitters. Go to homeoutfitters.com for more.

Cookie press, $42, comes with 10 metal disks. Call 1-800-266-5562 or go to pamperedchef.com for more.

Christmas Cookie Exchange Tray, $14.99 at Hallmark, hallmark.ca.

Musical Snowman Cookie Spatula, $9.99. Spatula plays We Wish You A Merry Christmas. Available at Hallmark, hallmark.ca.

Six-slice waffle maker, $114.99, by Cusinart. Available at Home Outfitters. Go to homeoutfitters.com for more.

Snowflake or holiday pancake pan, $29.99 each, by Nordicware. Available at Home Outfitters. Go to homeoutfitters.com for more.

Silicone pepper mill, $29.99 and $39.99, by McEwan by Fresco. Comes in black, white or aubergine. Available at Sears. Go to sears.ca for more.

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Holiday Party Wear

Style

Fashion fix-it kit

Avert fashion disasters at any black tie affair with My Tagalongs' Little Black Distress Kit. It contains two sponges for removing deodorant stains, one pair of stay-up stockings, a set of four on-the-go, individually-wrapped wipes: makeup, nail, deodorant, personal care and a pair of foot cushions to help her put her best foot forward. The LBD Kit retails for $25 and is available on mytagalongs.com at the Bay and specialty boutiques across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Pretty party frocks

Dresses go strapless, shimmery and short this holiday season

JANINE FALCON
for Metro Canada

Strapless, draped or tunic, at the knee or shorter, pretty party frocks claim the after-five spotlight this holiday season.

Colour makes a bold festive statement. Vibrant shades of pink, purple, red, orange and yellow are cheerful antidotes to corporate dressing as well as early nightfall. "At the moment there's no hotter colour than blue," notes fashion stylist Afiya Francisco (TheStyleHouse.ca), who appears regularly on Breakfast Television and CityLine to talk chic. "Stella McCartney, Balmain and Ungaro all showed different shades of this hue."

Rich fabrics such as velvet and brocade are event appropriate, as well as shimmering silky textures. Sequins in particular are enjoying quite the renaissance — nothing says shindig more than sparkle and shine. And of course the trusty little black dress is still a staple, but it's about more than basic black — amp up the style with architectural details such as artful and unusual pleating and draping, says Francisco.

Styling Tips

Cocktail attire this season is undeniably feminine — but not dainty. Anchor flirty dresses with shoes of consequence — ankle booties, platform pumps or strappy platform sandals — to keep the look modern. Big, statement jewelry also adds impact, especially if you opt for an LBD rather than a jewel-toned ensemble.

Keep proportions in mind when it comes to the right fit. Bustier cuts add curve appeal to small frames; v-necklines, wrap waists, shoulder straps and one-shoulder styles complement the more generously endowed. Emphasize the smallest part of your torso, and go for hems that hit the knees or just above, adds Francisco.

Read more on page 26 ››

Moonscape dress (French Connection $198).

Black sleeveless ruffle front dress (Jacob, $89).

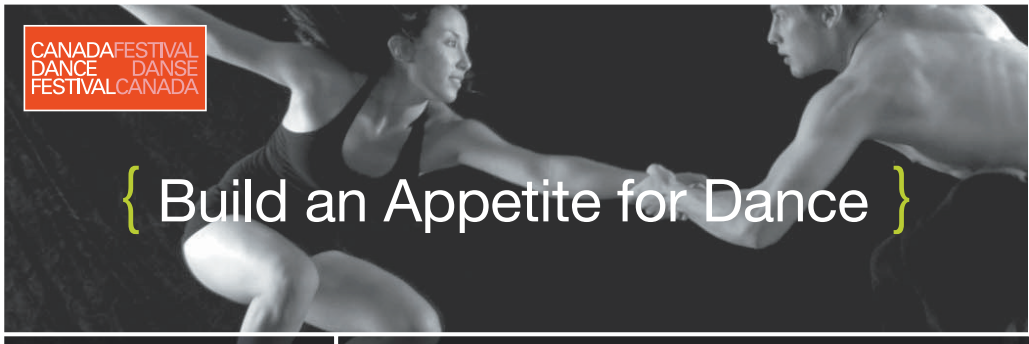
Blue jersey bubble dress (Dynamite, $32.90).

Blue is hot this holiday season

One shoulder red dress with brooch, $149.95; gem cuff, $75; fringe earrings, $39.95. Available at Le Chateau stores across Canada.

Blue strapless cocktail dress (H&M,$59.95).

Magenta sleeveless v-neck short taffeta dress, $235; loop earrings with faceted beads, $24; fireball stretch ring, $18. Items available at select Melanie Lyne stores. Call 1-877-973-6090 or visit melanielyne.com



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Metalic heel, Spring ($50, myspringshoes.com)

STUDIO ANDRÉ DOYON

To read these stories and more, visit: **ellecanada.com**

Dazzle with babbles

Continued from page 25 »

Accessories

Just like the season's dresses, its accessories are all about colour, sparkle and statement details. Embellished shoes and evening bags are everywhere, and according to Francisco, jewelry is huge. "Bold, oversize, chunky is the way to go — earrings, necklaces, cuffs and bracelets, just not all at once" she says. "Industrialized metals are also particularly relevant."

Try bold earrings and a bejewelled clutch with a vibrant dress — even a sequined one — or an in-your-face necklace and sparkle shoes if you're wearing black. Do wear a watch with more than one bangle, and on the other hand snag attention with your most fabulous cocktail ring.

JANINE FALCON/ FOR METRO CANADA

Chandelier earrings (Banana Republic, $50).

Statement ring from Aldo made with crystallized Swarovski elements ($60, aldoaccessories.com).

Pearl cuff, $28, rhinestone and pearl necklace, $38. Available at Jacob.

Dimpled Bracelet Cuff (Forever 21, $4.80).

Sequined clutch (aldoaccessories.com, $30).

Swatch Dapper queen watch (Swatch boutiques or Swatch.com, $135).

Multi-coloured clutch (aldoaccessories.com , $50).

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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Canadian Pride

Show some Canadian pride and hang a knitted buffalo check elk-embossed ornament on your tree this year. Wal-Mart, $2.96, walmart.ca.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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2.25%	2.25%	2.25%	3.50%	2.25%	2.25%	2.25%	2.25%	2.05%

Non-traditional colours can be just as festive as red and green while adding a modern touch. Sears, 2.5" ribbon, $6.99; ornaments, $7.99 for a two-pack of 90-mm balls; and $12.99 for a six-pack of 75-mm balls, sears.ca.

Homes in **Style**

Stock up on **stockings**

EMMA YARDLEY
for Metro Canada

Knitted, stitched, beaded and glittered, this year hanging your stockings with care has never looked so pretty.

"Stockings are becoming nicer and nicer and more important to Christmas decor people are into decorating their homes (for the holidays) more than ever," says Ann Marie Favot, design editor for Style at Home. "From glitzy glam to more traditional red and white versions … with so many different types available, they can now match anybody's decor."

Stockings bring an important decorative element to a room, whether they're hung down the staircase banister or in a row along the mantle piece.

"The most interesting way I've seen them displayed was on the backs of dining room chairs. That way on Christmas morning when everyone sits down for breakfast, they have their stockings right there."

1. Handcrafted from New Zealand wool, these playful felt stockings are fun and festive. Teatro Verde, $34.95, teatroverde.com. 2. Each knit stocking is nearly three feet long giving you ample present-stuffing space. Teatro Verde, $34.95, teatroverde.com. 3. A simple holiday message in simple holiday red and white. Indigo, $19.99, chapters.indigo.ca. 4. Put your peacock feathers on display with shimmering satin stockings in rich royal hues. Wal-Mart, $9.96, walmart.ca.

Bring the cottage to you this Christmas. Log cabin ornaments, $14.95, Teatro Verde, teatroverde.com.

Don't forget about the tree!

Sorting through the boxes of Christmas tree decorations every year is like taking a Christmas Carol trip through Christmases past.

"My favourite part of decorating the tree is the reminiscing that happens as we unwrap each ornament and recall the story behind it (and) what happened that Christmas," says Austen Gilliland, editor of Make+Do, Canadian Living magazine's crafts blog. –EMMA YARDLEY

Disorganized office, disorganized life

HomeScape

Do you find yourself forgetting appointments, missing deadlines and losing contact information? Do you frequently spend time looking for files and important papers?

Let's be brutally honest here. Could it be because your office and papers are disgracefully disorganized? Could it be because you avoid filing like the plague? Could it be that your information management system is just not functional?

Well, don't despair. It's not you (that's what I tell myself anyway), it's your information storage methods that are the problem, and these can be fixed.

Essentially, what you need is a place for everything, and everything in its place. And this applies whether you file paper or electronically, or a combination of both.

There are several important elements you must have in your work. One that is absolutely necessary is a working and accessible schedule. Use it as soon as you make the appointment or set the deadline, and consult it several times a day.

You must also file or put away working or completed files, so you can find them quickly. That is, after all, why you file.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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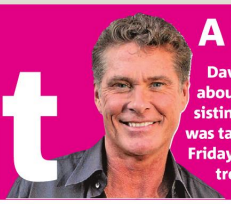
No sex on Lopez tape

Remember all those reports about a Jennifer Lopez sex tape? Well, it turns out it's just pretty much a tape, sans sex. On Tuesday, a judge ruled Lopez's ex-husband, Ojani Noa, cannot use personal footage he recorded of the couple in a "documentary" he's making. METRO NEWS SERVICES

Entertainment



A 'healthy' Hoff

David Hasselhoff has spoken out about his recent stay in hospital — insisting he's "happy and healthy." He was taken to a Los Angeles hospital on Friday and spent two days receiving treatment. METRO EWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Beyonce, Lady Gaga, Swift up for best song at this year's Grammys

Beyonce's"Single Ladies (Put a Ring On It) and Lady Gaga's Poker Face are Grammy contenders for song of the year.

Those songs, along with Taylor Swift's You Belong With Me, Maxwell's Pretty Wings and the Kings of Leon's Use Somebody, were the first nominees announced for the 2010 Grammys last night, as the Recording Academy unveiled a handful of nominations for its 109 categories during a prime-time CBS special.

Canadian hip-hop artist Drake also nabbed a nomination. The 23-year-old is up for best rap solo performance for his Best I Ever Had.

"Being a kid from Toronto, I'm just proud, man," Drake said when interviewed during the show. "I know my mom's at home, buggin' out."

Also nominated were the Black Eyed Peas, Bon Jovi, MGMT, Darryl Hall & John Oates and The Fray for best pop performance by a duo or group.

It was the second year in a row that the Recording Academy revealed its nominees during a televised concert; in the past, they had been announced during a morning news conference.

But yesterday's special gave nominees the chance to perform, such as the Black Eyed Peas, who performed their ubiquitous hit, I Gotta Feeling, as well as provided face time for CBS' stars, like LL Cool J, the rapper-actor who stars on NCIS: Los Angeles.

The 41-year-old kicked off the special by rapping to a medley of the past year's hits from artists like Lady Gaga and Kings of Leon.

"It was an interesting challenge," the rapper said during a break from rehearsals late Tuesday at Club Nokia. "How can I pay homage to these artists but not ruin their songs and bring my own flavour to it and make it original?" Sample lyric: "It's not Hugh Jackman — Yes, it's a black man."

THE ASSOCIATED PRESS

LL Cool J

Jacksoul's last is best

Late Haydain Neale put heart and soul into new album

Jacksoul

Album: SOULmate
Label: Sony Music
Rating: ●●●●

THESE TEN TRACKS were built around demo vocal tracks that Haydain Neale recorded shortly before a tragic 2007 traffic accident. Fortunately, Neale's near-perfect pitch and natural inclination to put heart and soul into every project, left us vocals as good as anything he had previously recorded. His voice has that old school sweetness we came to expect of classic singers like Smokey Robinson. Despite the terrible emotional circumstances under which the band completed this album, SOULmate is not a rush job. It contains all new Haydain Neale compositions, recorded with the same painstaking care that Jacksoul put into all four of its previous albums. Neale, who died just 10 days before SOULmate's release, has left us with an album that will go down as the band's best.

Graham Rockingham/for Metro Canada

SOULmate is the new album from R&B group Jacksoul. Frontman Haydain Neale, above, died in hospital 10 days before its release.

Allison Iraheta

Album: Just Like You
Label: Sony Music
Rating: ●●●

WELCOME TO CHAPTER three of this year's American Idol trilogy. We heard first the soon-to-be forgotten disc from winner Kris Allen, followed by the shock of a well-positioned wet one from the lips of Adam Lambert. Now it's the debut from irresistible No. 3 Idolist, Allison Iraheta. The Idol production and writing team — featuring once again the undeniable hit-making sensibilities of go-to guys like Max Martin and Kara Dioguardi — has decided to position the red-headed rocker into the role of hyper-active punk princess. That's never an easy path to follow since punk is an attitude and attitude is something almost impossible to manufacture without appearing plastic. It also seems to conflict with Iraheta's natural gift, the whiskey-aged voice of a classic roots rocker a la Melissa Etheridge. .

Graham Rockingham/for Metro Canada

AlbumReviews

music@metronews.ca

The Bravery

Album: Stir the Blood
Label: Island/Universal
Rating: ●●

THE BRAVERY ARE still around? Seriously? The band should have seen their last days when retro '80s turned into retro '90s, yet they continue to kick out Cure-like synth-heavy jams. The band was never that good in the first place, but at least they had trendiness on their side. Now, the group just sounds dated, while their epic electro rock is still mediocre. It's time to throw in the towel guys.

Bryan Borzykowski/for Metro Canada

R. Kelly

Album: Untitled
Label: Jive/Sony Music
Rating: ●●●

THERE'S ONE THING you need to know about R. Kelly: He loves sex. Here are just a smattering of the choice lyrics on his latest smooth R&B effort: "Girl you make me wanna get you pregnant," "I called your boss and he knows you ain't coming in today (sex in the morning, sex all day)," "Text me back something freaky." That's pretty much all you need to know about this disc.

Bryan Borzykowski/for Metro Canada

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MARY'S FASHIONS
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PET VALUE
POST OFFICE (in SHOPPERS)
REEBOK OUTLET
REITMAN'S
ROCKIN' JOHNNY'S DINER
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The Simpsons celebrate 20th birthday
On Sunday, Jan. 10, The Simpsons will air its 450th episode, with guest star Anne Hathaway. It will be followed by an hourlong special, The Simpsons 20th Anniversary Special: in 3-D! on Ice, hosted by Morgan Spurlock. METRO NEWS SERVICES

Polanski house arrest starts Friday

After more than two months in a Swiss jail, Roman Polanski will be placed under house arrest at his Alpine chalet on Friday, authorities said.

The 76-year-old director must stay in the house and wear an electronic bracelet as officials decide whether to extradite him to the U.S. for having sex in 1977 with a 13-year-old girl, the authorities said.

"Polanski will be transferred on Friday to Gstaad," said Folco Galli, the Swiss Justice Ministry spokesman. He said the filmmaker could be in his home by early afternoon.

Galli said Wednesday that he would not comment further until Polanski was delivered to the chalet.

GETTY IMAGES

Roman Polanski will begin his house arrest Friday after spending two months in a Swiss jail. Polanski paid a bail of $4.5 million.

The director of such film classics as Rosemary's Baby, Chinatown and The Pianist won a decision last week granting him bail, but was being held by authorities until he paid the full $4.5 million demanded by court. Swiss standards differ from countries such as the United States, where bail bondsmen often post a percentage of the total.

Polanski has been in Swiss custody since being arrested Sept. 26 on a U.S. warrant as he arrived in Zurich to receive a lifetime achievement award at a film festival. Authorities in Los Angeles want him returned to be sentenced after 31 years as a fugitive.

He has been held at a jail in Winterthur, near Zurich, where recent visitors have included his Swiss lawyer and the French general consul. But it was unclear if he will be transferred directly form Winterthur to Gstaad, or taken somewhere else first to be fitted with the electronic monitoring device.

Polanski was initially accused of raping the 13-year-old girl after plying her with champagne and a Quaalude pill during a modelling shoot in 1977. He was indicted on six felony counts, including rape by use of drugs, child molestation and sodomy, but he pleaded guilty to the lesser charge of unlawful sexual intercourse.

In exchange, the judge agreed to drop the remaining charges and sent him to prison for a 90-day psychiatric evaluation. The evaluator released Polanski after 42 days, but the judge said he was going to send him back to serve out the 90 days.

The filmmaker fled the U.S. on Feb. 1, 1978, the day he was to be formally sentenced. He has lived since then in France, which does not extradite its citizens.

Polanski claims that the U.S. judge and prosecutors acted improperly in his case. His attorneys will argue before a California appeals court in December that the charges should be dismissed.

THE ASSOCIATED PRESS

Entertainment in brief

LAWSUIT A federal judge has dismissed a defamation lawsuit filed against Dixie Chick Natalie Maines by the stepfather of one of three eight-year-old boys killed in Arkansas 15 years ago.

THE ASSOCIATED PRESS

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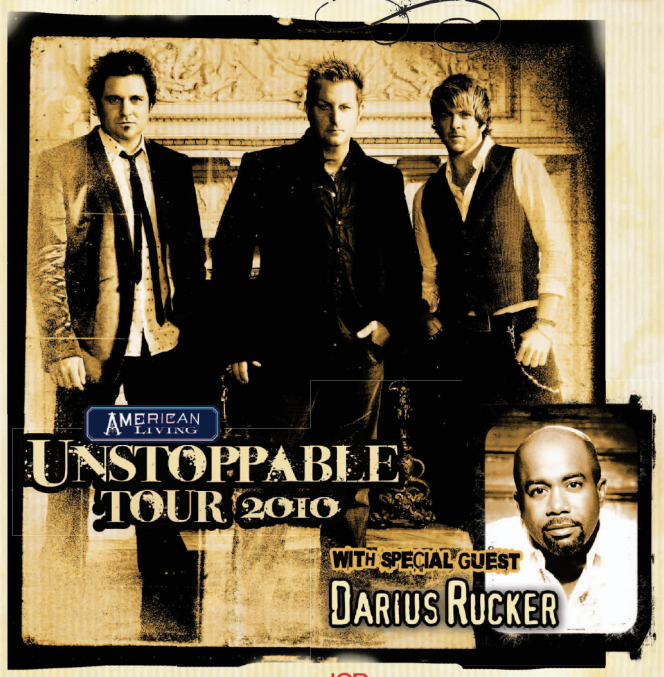

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HERSHEY'S

Jacko's kids make Barbara's list

Michael Jackson's children are among Barbara Walters' most fascinating people of the year. ABC says Walters' Dec. 9 special, The 10 Most Fascinating People of 2009, will include a profile of Paris, Prince Michael and Prince Michael II (known as Blanket). THE ASSOCIATED PRESS

Have yourself a merry little CanCon Christmas

This year, a typically star-studded slate of artists has released Christmas albums, with discs from Bob Dylan, Neil Diamond, Sugarland and David Archuleta.

But who does the holiday season better than Canadians? Here's a look at this year's homegrown holiday music offerings.

With Johnny Reid's gravelly croon, he seems a natural to belt out some gathered-round-the-fire Christmas tunes. And indeed, his seasonal disc, Christmas, showcases the Scotland-born, Toronto-raised country singer's slow-burn take on such well-worn holiday classics as I'll Be Home For Christmas and Little Drummer Boy.

JONATHAN HAYWARD/THE CANADIAN PRESS

Johnny Reid performs during the Canadian Country Music Awards in Vancouver in September. With Reid's gravelly croon, he seems a natural to belt out a few Christmas tunes.

But while some holiday CDs are best-suited for that torpid period after the family has tucked into a tryptophan-filled turkey, Reid's disc is considerably more lively. He injects a bit of glam into a shuffling version of Jingle Bell Rock and howls through Chuck Berry's Run Run Rudolph, one of the disc's more inspired selections.

Mary's Boy Child — among the few overtly religious tunes on the disc — has a vaguely calypso feel and even Silent Night ambles along over a swift acoustic guitar rhythm (and it features a mandolin solo).

Two unmemorable original tunes are unlikely to evolve into holiday traditions, but the uptempo Waiting for Christmas to Come and Christmas Time Again do further Reid's goal of creating a Christmas disc that doesn't feel as though it's been weighed down by a few glasses of eggnog.

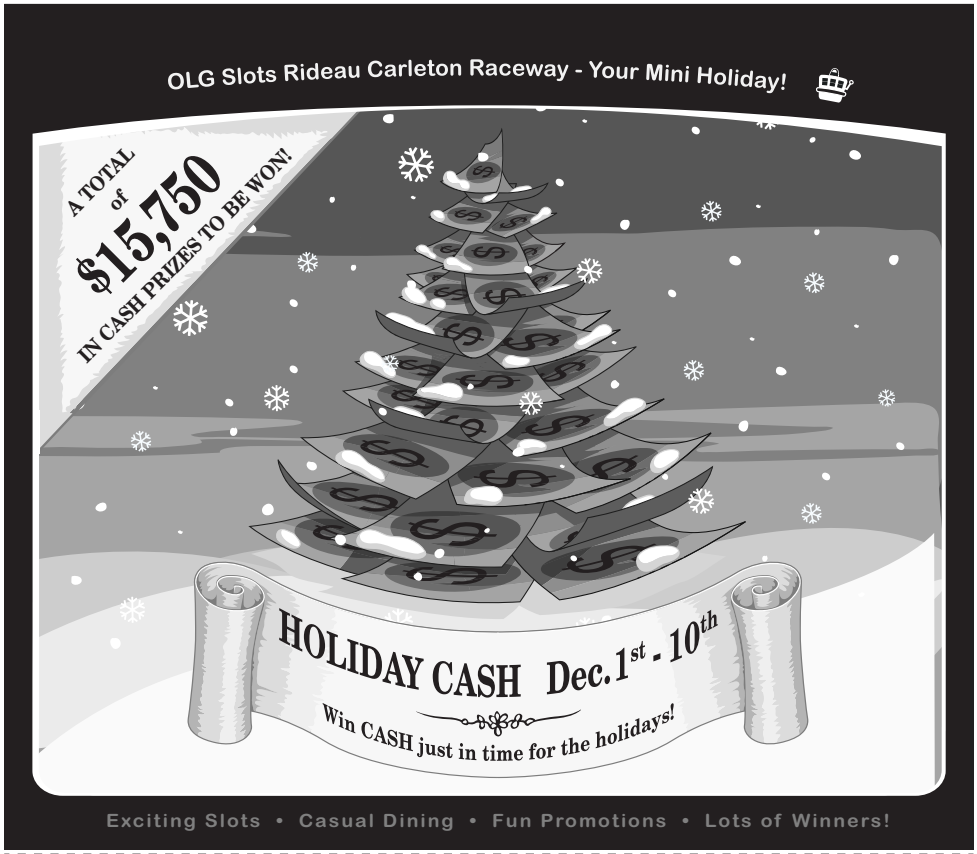
It's nearly impossible for a Christmas CD to avoid both cheese and irony entirely, but that would seem to be the goal of Justin Hines' earthy Season's Greetings. The arrangements are spare but fresh, with an organic, folky vibe that highlights the Newmarket, Ont., native's expressive voice.

Opening tune Have Yourself a Merry Little Christmas establishes the disc's formula: Hines is accompanied only by a finger-picked acoustic guitar. The listener waits for the sweeping strings to creep in, but they never come.

Restraint isn't an adjective typically associated with holiday records, but the elegant production on Season's Greetings serves to draw attention to Hines' vocal talent while boosting the impact of the few instrumental flourishes that are employed.

The first verse of How I Love This Time — by far the best of three original compositions — offers a quaint vision of a neighbourhood stroll through a snow-covered winter landscape.

THE CANADIAN PRESS



Richler's family members to appear in Barney's Version

FILM Members of Mordecai Richler's family are among the extras cast for the film adaptation of the late author's final novel, Barney's Version.

The film's Montreal-based production designer Claude Pare says Richler's son, journalist and author Noah Richler, is among the relatives that stopped by the Montreal set to make a cameo in the film.

Pare says shooting wrapped earlier this month after travelling to Rome, Montreal and New York.

Barney's Version tells the story of a bad-tempered, hard-drinking man who may have been responsible for the mysterious disappearance of his friend.

Paul Giamatti plays ornery protagonist Barney Panofsky, Dustin Hoffman is Barney's foul-mouthed father, Izzy, and Minnie Driver, Rosamund Pike and Rachelle Lefevre portray Barney's wives.

Barney's Version, published in 1997, was Richler's 10th and final novel. He died in 2001.

The Richler family pops up in a scene at Montreal's Ritz Carlton, where an ongoing $100-million makeover was halted so filmmakers could temporarily restore old fixtures, furniture and paintings for the shoot, Pare said.

"The main thing was the Ritz Carlton is completely reconstructed right now — they're doing a major renovation so it's been closed for a year and everything had been taken out and stripped," said Pare, whose design work also appears in Night at the Museum: Battle of the Smithsonian, The Aviator, and The Day After Tomorrow. "We had to recreate the ballroom and recreate the garden, which is famous in Montreal."

The nearly century-old hotel is the site of a key wedding sequence that reportedly included hundreds of extras. Pare said it involved a massive rain sequence in front of the hotel, which blocked Sherbrooke Street and drew a curious crowd.

THE CANADIAN PRESS

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Eastwick actress joins the Jenny Craig crew

Valerie Bertinelli and Nicole Sullivan are about to be in even better company as Eastwick star Sara Rue joins them as the newest spokesperson for Jenny Craig. The 31-year-old actress says she can't wait to start the program. **PEOPLE.COM**

In brief

BRITISH PM BLUNDER Gordon Brown congratulated Reese Witherspoon, who visited Parliament Wednesday in her role as a campaigner against domestic violence. Brown said he was "grateful that Renee Witherspoon is leading this campaign."

THE ASSOCIATED PRESS

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THE TIME metro

No bromance for Romano

Everybody loves Raymond star is now a Man of a Certain Age

Ray Romano isn't really into bromances.

While his first series since Everybody Loves Raymond ended in 2005 centres on three emotionally flustered middle-age male pals, the 51-year-old actor-comedian insists he's not equally as candid with his brooding, real-life buddies back home in Queens, N.Y.

"We are as close as these guys, but I don't think we open up as much," he says. "There is a realism to it, though. It's guys talking about things but we're still doing it in the lame way that men do, as opposed to the way women do, which would need a much longer show."

The wry everyman is trading his quippy persona from Everybody Loves Raymond, which ran for nine seasons on CBS, for a sad-eyed party store owner named Joe, who is suffering through divorce and a gambling addiction, on TNT's Men of a Certain Age (premiering Monday).

The series, which Romano begrudgingly classifies as a dramedy, was created by Romano with writing partner Mike Royce. Where Everybody Loves Raymond was based on Romano's domestic-themed standup material, Men of a Certain Age is about gloomier personal subjects.

THE CANADIAN PRESS

Scott Bakula, left, Ray Romano and Andre Braugher from Men Of A Certain Age, premiers Monday.

To play Joe's best friends, Romano enlisted Scott Bakula, the charming sci-fi leading man from Quantum Leap and Star Trek: Enterprise, and Andre Braugher, whose tour de force performances as Det. Frank Pembleton on Homicide: Life on the Street won him an Emmy Award for outstanding actor.

Braugher plays stressed car salesman Owen, ruled by his tyrannical father, owner of the dealership where he works. Bakula's Terry is an out-of-date, out-of-work actor tangling with a woman nearly half his age. To be certain, this is not Everybody Loves Raymond: The Sequel.

"You're taking a chance on a show like this," Bakula says, "because, there's never been a show like this before. I think there's a newness to it. Some people say it's like an older Entourage, but that's more about show business."

Men of a Certain Age is also less of an ensemble drama and more of a character study of three men whose lives usually only intersect when they're catching up during a hike or chowing down at the nearest greasy spoon.

"I don't think we will shock them," says Romano. "It is a drama but it's got comedic moments. It's just more real," says Romano.

"It's grounded in reality — I just hope we can discover some new fans as well as entertain the old fans. You can never tell. My wife won't watch it."

THE ASSOCIATED PRESS

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 12/9/09	265	353	2	TVO	Magnets		The Agenda With Steve Paikin		Sunshine Bing loves gambling.		Masterworks "Boris Ryzhy"		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Samoa (N)		The Office (N)	The Office	90210 (HDTV) (N)		News Final
	-	-	5	SRC	Virginie (SC)	Gars, fille	Enquête (HDTV) (SC)		Les Années Derome (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	TMZ (N)	Hollywood	Private Practice (N)		Fringe "Snakehead" (N)		Private Practice (N)		Comedy Now
	196	311	7	CTV	The Vampire Diaries		FlashForward "A561984"		CSI: Crime Scene Invstgtn.		The Mentalist (HDTV)		News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Secret World of Shoplifting		The Border "Dying Art"		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Community (N)	Minds	The Office (N)	30 Rock	The Jay Leno Show (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Dieu Merci (HDTV) (N) (SC)		Dr. House (HDTV) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Taxi payant (N)	Rire et délire	Fringe (SC)		Catherine (SC)	Bob Gratton	Le Mur (SC)	L'Attaque à 5 (N)	
	137	763	12	TFO	Panorama		Météo	Volt "Musique"	*Les Trois Âges* ★★★ (1923, Comédie)			Villages	Qhapaq Nan:
	-	362	13	CBS	The Insider (N)	Judge-Brown	Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Tiger!
	214	344	15	CITY	Law & Order: Special Victims		Community (N)	Parks/Recreat	30 Rock	30 Rock	The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Guinevere* ★★ (1999, Drama) Stephen Rea, Sarah Polley.				*Spider* ★★★ (2002, Suspense) Ralph Fiennes, Gabriel Byrne.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	FlashForward "A561984"		Private Practice (N)		Private Practice (N)		News
	512	396	24	CPAC	La Période de questions (SC)		Heure polit.	L'Heure politique (SC)				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV) (N)		Fringe "Snakehead" (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Holiday Table	To the Manor Born: 25th Anniversary			Celtic Woman: A Christmas Celebration			Charlie Rose
	205	312	104	CTV	The Vampire Diaries		FlashForward "A561984"		CSI: Crime Scene Invstgtn.		The Mentalist (HDTV)		News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		The Nature of Things		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MMA Conn	Sportsnet Con.	NFL Football Buffalo Bills vs. New York Jets. From Rogers Centre in Toronto. (Live)						
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Salt Lake	NBA Basketball Boston Celtics at San Antonio Spurs. (HDTV) (Live)					NHL Hockey	
	410	403	52	SCR	Score on NFL	Score Today	Drafted Live		College Football Oregon State at Oregon. (Live)				
	411	457	56	OLN	Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	59	SC	Pass Time	NASCAR Hub	Pinks -- All Out (HDTV)		Pinks Outtakes	Jacked!	Wrecked	Wrecked	Pass Time
family	554	544	48	TEL	Stoked	Total Drama	6TEEN	6TEEN	Futurama	King of the Hill	*300* ★★★ (2007, Action) Gerard Butler.		
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Mariah Carey: Mimi		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Steven Seagal
	628	584	32	SPKE	The Ultimate Fighter (HDTV)				TNA Wrestling (HDTV) (N)				Ways to Die
	521	560	34	TLC	American Chopper		American Chopper		American Chopper (N)		BBQ Pitmasters (N)		Amer. Chopper
	145	761	35	TV5	Transsaharienne-René Caillié		Club social		Complément d'enquête				TV5 Le Journal
	616	521	39	SHO	The Outer Limits		Da Vinci's City Hall		Found.	Paradise Falls	Saving Grace (N)		NCIS
	620	523	40	BVO	Storytellers	PhotoXplorers	Bathroom Divas-Opera Star		Last Call at the Gladstone Hotel			PhotoXplorers	Law & Order
	520	505	42	DIS	Daily Planet (N)		Life (N)		Life "Creatures of the Deep"		MythBusters		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable
	601	562	45	SLC	Rich Bride, Poor Bride		X-Weighted "Rebekah"		X-Weighted "Jen"		X-Weighted "Angela J."		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore Show	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	SEC Championship Preview		Law & Order: SVU		House-Payne	House-Payne	The Office
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection		Renovation	Disaster DIY	House Hunters	House Hunters	Holmes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Eureka (N)		InnerSpace (N)
	581	566	53	MTV	Real World-Road Rules		True Life		True Life		Jersey Shore (Series Premiere) (N)		
	618	524	54	TROP	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	Ice Road Truckers		Ancient Discoveries		Underworld Histories		Life After People		Disaster
	129	773	60	CD	Biographies (HDTV)		Victims (HDTV)		Eaux troubles du crime (HDTV)		Un tueur si proche (HDTV)		Vidéo
	261	394	61	V	Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Philadelphia* ★★★ (1993, Drama) Tom Hanks, Denzel Washington.				
	602	567	62	W	Friends	Friends	*He Sees You When You're Sleeping* (2002, Suspense)				*Under the Mistletoe* (2006, Drama)		
	269	350	70	APTN	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*A Family Thing* ★★ (1996, Drama) Robert Duvall, James Earl Jones.				
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Road Grill	Restaurant Makeover		Heston's Feasts (N)		Ace of Cakes	Ace of Cakes	Family

critics' corner

The Mentalist

As Lisbon (Robin Tunney) and the team investigate the murder of a state senator's intern, Jane (Simon Baker) concentrates on finding out what new information has been uncovered on the Red John case. Tim Kang, Owain Yeoman, Terry Kinney and Amanda Righetti also star in "The Scarlet Letter"; Gregory Itzin ("24") and George Wyner guest star. 10 PM on 13 CBS 7 CTV

The Secret World of Shoplifting

It's not just teenagers slipping lipsticks into their purses. This new documentary reveals that consumer demand for low prices has helped turn shoplifting into big business and for some, a career. Even organized crime is getting involved. People on both sides of the law — including reformed thieves who now counsel shoplifters and consult with police — explain the problem and what's being done to fight it. 8 PM on 8 CBC

In brief

FOX MIDSEASON UPDATE American Idol will kick off its ninth year with a two-night season premiere in January. This year's big change: Paula Abdul is out as judge and Ellen DeGeneres is in.

Fox also announced that the drama 24 will return with a pair of two-hour episodes airing Jan. 17 and 18, and that Glee will take a break after its Dec. 9 episode, returning April 13.

RECOVERING Little Richard is out of the hospital following hip surgery.

The Rock and Roll Hall of Famer, who'll turn 77 Saturday, tells The Associated Press that he plans to work hard to complete his recovery so he can get back on the road.

Little Richard said he could feel the prayers of his fans and is thankful they care enough about him "to take time to pray."

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

One for the holidays
Bake decadent holiday treats with Chef Candice Butler and take home one dozen of each recipe baked at the class this Saturday or Sunday at The Urban Element from 10 a.m. to 3:00 p.m. $160 per person (includes lunch). theurbanelement.ca SHARI GOODMAN/FOR METRO OTTAWA

Urban Foodie

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Signature Dish:
Moonboard ($8)
Rating: ●●●½
Dinner & drinks for 2:
$65-$150 (depending on how many bites and sips you have)

On a quiet night, we wound our way into the candle-lit wee wine bar called The Moonroom. The ambiance is eclectic: wood tables, a blue neon glow, the ceiling draped in gossamer cloth, tea lights flickering in jars, and The Gambler playing in the background.

From the blackboard menu, we started with the Moonboard ($8). It was a typical but enjoyable tasting tray composed of cheese, crostini, salami and cornichons.

On the web

• Get recipes and more great food content at metronews.ca/recipes

Next, the Sausage Pot ($6) arrived, served in a Mason jar on a rustic wooden plank. Its plain looks defy its charm. Sliced pork sausage, beer, Dijon, baked apples, and cheddar melted on top mingle into a bite of perfection that resisted sharing. The blackboard beckoned and enticed us with its Chicken Cacciatore ($9) that was comforting and yummy. Wines are offered by the glass in three or five ounce tastes. We didn't make it past the first page of whites to wet our lips with any reds but instead enjoyed sips of Vouvray, Chardonnay, Riesling, Gewurtztraminer and Sancere.

By this time, we'd finished tasting the Flourless Chocolate Torte ($7) that was dry and disappointing. But the squish of a Blue Cheese Date ($3) soothed our dessert dissatisfaction, and we walked out sated, full and happy!

SHARI GOODMAN/FOR METRO OTTAWA
Moonboard ($8).

Global Peasant blog online

• Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.

• Check out metronews.ca/globalpeasant for a recipe of butternut squash and apple soup.

Dining out

JUNIPER
Juniper's blind tasting menu is available from Thursday to Saturday. $70 for the menu and an optional wine flight for $35. The menu is only available for the whole table. Enjoy Thursday Night Jazz in the Wine Bar with Brian Browne. 245 Richmond Rd. (613) 728-0220

VINEYARDS WINE BAR & BISTRO
According to Wine Spectator Magazine, Vineyards has "One of the most outstanding restaurant wine lists in the world!" Many wines are offered by the glass along with a selection of malt whisky, imported beers and bistro food. 54 York St. (In the Cellar), (613) 241-4270

In brief

COOKING Watch and taste Chinese cuisine including spring rolls, General Tso's Chicken and Hot & Sour Soup tonight (Dec. 3) at The Chinese Cooking Studio from 6:30 to 9:30 p.m. $45 per person. chinesecookingstudio.com

SALE Buy treats at the Tarts N' Crafts Gift Sale this Saturday at the Jack Purcell Community Centre (320 Elgin St.) from 10 a.m. to 5 p.m. Admission is $2.

You don't Say! Lisa Loeb welcomes baby girl
It's a baby girl for singer Lisa Loeb and her husband Roey Hershkovitz, her rep tells People. Lyla Rose Loeb Hershkovitz arrived Sunday morning, Nov. 29 at Cedars Sinai Medical Center in Los Angeles and is the first child for the couple. METRO NEWS SERVICES

Celebrity Buzz

Clooney's GF meets mom

LET'S BE GENEROUS AND GIVE IT SIX MORE MONTHS THEN Things must be going well between George Clooney and his new Italian girlfriend, Elisabetta Canalis. The avowed bachelor showed up to the L.A. premiere of Up in the Air with Canalis on one arm and his mother on the other, according to Hollyscoop. "Elisabetta and George's mother seemed to be getting along just great," a source says.

METRO WORLD NEWS

Celebrity tweets

Imogen Heap is out picking up friends, Tom Felton is easily amused, Lance Armstrong is afraid of a little snow, and Paris Hilton has more Paranormal Activity in her social life, perhaps?

@imogenheap
Driving about Washington DC in a stretch limo. Where should we go? If you come up with a good idea we'll pick you up. Room for 4 people

@TomFelton
Always make me smile seeing a road sign with another sign covering it saying "sign not in use" Good use of our road tax!

@lancearmstrong
Weather forecast is calling for snow flurries in Austin on Friday. That ain't funny.

@ParisHilton
Just turned the movie off, so boring and so not scary. Looking to see what else to watch.

METRO WORLD NEWS

Family Ties mom Baxter comes out: 'I'm a lesbian'

WELCOME HOME Most people know Meredith Baxter as Elyse Keaton, everyone's favorite mom from the hit '80s sitcom Family Ties. But now the actress reveals to People that she's ready for the world to see her in a different — and surprising — way: "I'm a lesbian mom," she says.

Before Baxter, 62, first started dating women seven years ago, the thought of being gay "had never crossed my mind," people.com quotes her as saying. Having been in three failed marriages to men (most famously to actor David Birney), she says of her many difficult years before coming out, "I was never comfortable with myself." But she's quick to add, "That doesn't mean I was questioning."

People reports she is now in a four-year relationship with building contractor Nancy Locke — the couple have lived together for two years — the actress, who continues to act and run a skincare company, says, "I feel like I'm being honest for the first time."

METRO NEWS SERVICES

Motherhood on Portman's 'radar'

APPLICANTS CAN FORM A LINE HERE It looks like motherhood may be on Natalie Portman's radar. The actress admits that it's something she's been thinking about, according to Hollyscoop. "I feel like I'm coming into my womanhood, and I'm less afraid or maybe I'm just getting old," she says. "I think about having kids, but I think you can't plan for that sort of thing. It's not like you can work at it."

METRO WORLD NEWS

Eva Longoria 'delighted' with her body

TOO BAD NOBODY WATCHES HER SHOW Eva Longoria goes to the gym four times a week in a bid to maintain her stunning figure, femalefirst.co.uk reports.

The Desperate Housewives actress — who was forced to laugh off rumours she was pregnant last year when she but on weight — knows regular exercise is the perfect way to keep off any unwanted pounds.

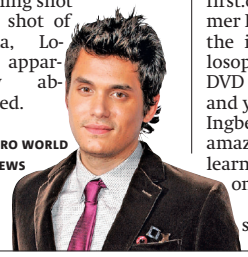
A source said: "Eva hits the gym four times a week for an hour each time, and it's certainly paying off. She's got a tiny frame and any weight gain shows, but right now she's looking great ... She's delighted with her figure."

METRO NEWS SERVICES

Are Mayer and Lohan new drinking buddies?

JUST HIS LUCK John Mayer has a new bar-hopping pal, apparently. The singer was spotted hanging out at New York nightclub Butter recently with Lindsay Lohan, according to E! News. But sources say Lohan seemed much more interested in hanging out with Mayer than vice-versa.

"She would follow his every move," a sources says. "He would dance with the waitresses and then come back. She was way into it." And while Mayer was spotted downing shot after shot of vodka, Lohan apparently abstained.



METRO WORLD NEWS

Aniston: yoga changed my life for the better

ANYTHING FOR HER *FRIENDS* Jennifer Aniston says yoga changed her life, femalefirst.co.uk reports. The former Friends star appears in the introduction to Yogalosophy, a new workout DVD fronted by her friend and yoga instructor Mandy Ingber, and says she was amazed at the impact learning the discipline had on her.

In the short clip, she says: "She brought yoga into my life. It completely changed my life.

"It's one of the most fun workouts I've ever had. So have fun and work hard because it will totally pay off."

METRO NEWS SERVICES

Simpson dad complains whole world 'wants his family to fail'

WELL JOE, IT'S JUST THAT YOU'RE ALL SO GOOD AT IT Jessica Simpson's father claims the world wants his family to fail, femalefirst.co.uk reports.

Joe Simpson, a former reverend — who manages both his famous daughters, Jessica Simpson and Ashlee Simpson-Wentz — says people don't want to see them doing well and get joy when things go wrong.

He fumed to Us Weekly magazine: "We as a family are under a lot pressure. People want to make us look bad and want us to fail."

Simpson claims the family wasn't concerned when Ashlee was dropped from US TV drama Melrose Place after just six months. He said: "It was never a loss. The world says whatever it says. The world, again, always wants to make it look like we're failures but we're really just a family that works hard."

METRO NEWS SERVICES

TomKat ready for baby number 2?

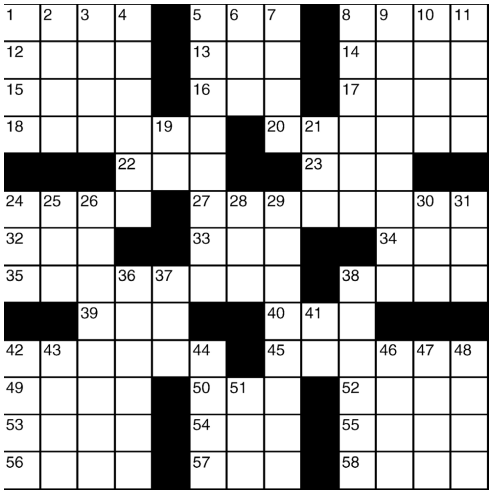
YAY! ANOTHER SCIENTOLOGIST Tom Cruise and Katie Holmes are ready for a second child, sources tell OK! Magazine, and it's mostly because Holmes has come around to the idea. While she's wanted to focus on work, Holmes and Cruise reportedly reached an agreement on trying for another baby sometime next year.

METRO WORLD NEWS

The Weather Network
TWN incorporates MSC data
Today Showers 40% 10° / -1°
Friday Variable 4° / -7°
Saturday Partly cloudy 1° / -7°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1Truckload
5 Bill
8 Bat a gnat
12 Celestial bear
13 In olden times
14 Apiece
15 Clarinet insert
16 Sleep phenom
17 Ersatz swing
18 Lasso
20 Piece of lumber used for flooring (Brit.)
22 Ostrich's cousin
23 Apiece
24 "Desire Under the —"
27 Stronghold
32 — constrictor
33 Dillinger's foes (Abbr.)
34 Old French coin
35 Strengthen
38 Capri, for one
39 Former M&M's color
40 Discoverer's call
42 Back-related
45 Less of a mess
49 Help a hood
50 Chic no more
52 Notion
53 Got up
54 To and —
55 Coach Chuck, who won four Super Bowls
56 "Untouchables" role
57 "— the season ..."
58 Otherwise

DOWN

1 Throw hard
2 Vicinity
3 Person at a PC
4 Half the audience?
5 Molière protagonist
6 Census statistic
7 Broadway flop
8 Large bird dog
9 Diner staffer
10 Farm fraction
11 As a result
19 Exist
21 Suitable
24 Recede
25 Brock of baseball
26 Place to settle?
28 Old, like a wd.
29 Rice dishes
30 Scale member
31 Seek damages
36 Preferences
37 Genetics abbr.
38 Common antiseptic
41 Greeting
42 "Nuts!"
43 Bassoon kin
44 Barn section
46 "American —"
47 Congers, e.g.
48 Rough breathing sound
51 Spoon-bender Geller

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9	7	2		3	4	6	
6	3						5	7
		8	3		4	7		
	1			2			9	
		5	6		9	1		
5	4						1	2
	7	2	5		8	9	4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

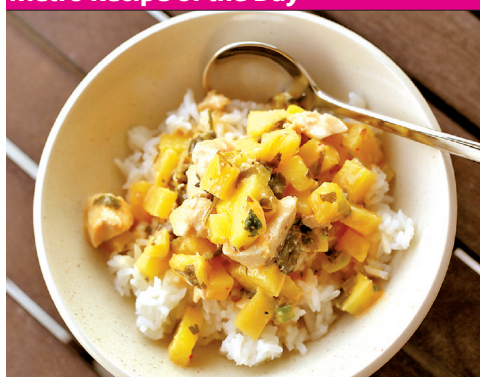
S	P	U	D	■	P	I	P	■	S	P	O	T
A	O	N	E	■	A	L	A	■	T	A	R	O
P	O	T	B	E	L	L	Y	■	A	N	E	W
S	H	O	A	T	■	■	S	L	I	P	O	N
■	■	■	S	A	L	T	■	A	N	I	■	■
R	O	P	E	■	E	W	E	S	■	P	A	T
A	D	O	■	A	V	A	S	T	■	E	A	R
D	D	T	■	N	I	N	A	■	A	S	H	Y
■	■	R	I	O	■	G	U	L	P	■	■	■
T	H	O	R	N	S	■	■	S	P	O	I	L
S	O	A	K	■	P	A	N	D	O	W	D	Y
A	P	S	E	■	A	G	O	■	S	E	E	R
R	E	T	D	■	R	E	D	■	E	S	S	E

1	2	6	7	3	9	4	5	8
5	8	7	2	1	4	3	6	9
3	4	9	6	5	8	2	7	1
6	9	3	4	2	7	8	1	5
4	5	8	9	6	1	7	3	2
7	1	2	3	8	5	9	4	6
8	3	1	5	7	2	6	9	4
2	7	4	1	9	6	5	8	3
9	6	5	8	4	3	1	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Chicken Coconut Pineapple Curry

Submitted by Alison Glasbergen, Victoria, BC

INGREDIENTS:

1 Tablespoon vegetable oil
2 boneless skinless chicken breasts, cut into small chunks
1 inch piece of ginger, grated (a rasp grater works really well)
1 Can of coconut milk (shake can before opening - coconut milk settles over time)
2 Tablespoon thai red curry paste (thai red curry is quite mild, so use a bit more if you like things spicy)
2 green onions, chopped
1 1/2 Cup of fresh pineapple, cut into bite-size chunks
1/2 Cup cilantro, finely chopped
salt and pepper to taste
1 1/2 Cup jasmine rice, cooked according to package directions

METHOD:

1. Heat oil in large frying pan over medium/low heat and add chicken, stirring often.
2. Season lightly with salt and pepper.
3. When chicken is no longer pink, reduce heat to low and add grated ginger and continue to cook for 1 minute.
4. Add coconut milk and red curry paste, and stir until curry paste is dissolved.
5. Increase heat to medium and gently simmer for 2 minutes, but do not let it come to the boil.
6. Add green onions, pineapple chunks and stir to combine.
7. Garnish with chopped cilantro and serve over a bowl of Jasmine rice.

SERVES 4
PREP TIME: 8 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
With the Sun moving through one of the best areas of your chart at the moment you can't fail to get your way. Enjoy your luck, but don't push it.

TAURUS
APRIL 21-MAY 21
A positive outlook is a must today. Not that anything bad will happen but when small things go wrong you may think it's the end of the world. It's not.

GEMINI
MAY 22-JUNE 21
A project which has been in a state of limbo for some time can now start moving forwards again. No more excuses: get to it!

CANCER
JUNE 22-JULY 22
If you do something to excess today you will regret it over the weekend. In a nutshell: don't work too hard and don't risk your health.

LEO
JULY 23-AUG 23
The Sun's transit of the most dynamic sector of your chart means you have no doubts and no fears – just like most times really, only more so by far.

VIRGO
AUG 24-SEPT 22
Keep your options open today, especially at work as this is where you are most likely to be let down by other people. Stay cool, calm and in control.

LIBRA
SEPT 23-OCT 23
You need to rise above petty distractions and see the bigger picture. Your future is bright, no matter how dark it seems now.

SCORPIO
OCT 24-NOV 22
Today's events will urge you to raise your game and take more risks. It's not irresponsible to change if you've sick of doing the same old things

SAGITTARIUS
NOV 23-DEC 21
Not only did yesterday's full moon make you emotional but it also made you realize that honesty is essential at all times.

CAPRICORN
DEC 22-JAN 20
The Sun in Sagittarius at this time of year has a negative effect on your confidence but a lot of it is in the mind.

AQUARIUS
JAN 21-FEB 18
You will have to fight for your rights against the odds today, but actually those odds are not nearly so bad as you appear to believe.

PISCES
FEB 19-MARCH 20
The more someone says you can trust them the more precautions you need to take. Don't let that happen.

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Today in history

1912: First Balkan War: The Naval Battle of Elli takes place.
1964: Berkeley Free Speech Movement: Police arrest over 800 students at the University of California, Berkeley, following their takeover and sit-in on UC property.
1976: An assassination attempt is made on Bob Marley. He is shot twice, but plays a concert two days later.
1997: In Ottawa, Canada, representatives from 121 countries sign The Ottawa treaty prohibiting manufacture and deployment of anti-personnel landmines.

METRO NEWS SERVICES

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$9,000 manufacturer to dealer delivery credit available on 2009 Chevrolet Silverado and GMC Sierra HD pickups (tax exclusive) for cash customers only, $2,000/$1,850/$850/$4,200 for 2010 Malibu LS/2009 Aveo LS/2010 Cobalt XFE/2010 Traverse LS reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. †Offer applies to the cash purchase of 2010 Chevrolet Malibu LS RTC/Cobalt XFE Coupe or Sedan RTC/Traverse LS FWD R7A) and 2009 Chevrolet Aveo Sedan LS 1SM. Freight ($1,350/$1,350/$1,350/$1,325), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ‡Financing on approved GMAC credit only. 0% purchase financing for 36 months available on 2009/2010 Chevrolet Aveo/Cobalt. Example: $10,000 at 0% for 36 months, the monthly payment is $277.78. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and total obligation will vary according to purchase price, down payment and/or trade, credit rating, term and other charges such as taxes, license, insurance and registration fees. Not all buyers will qualify. Offer may end without notice. ◊Based on 2009 Chevrolet Aveo 5-door hatchback LS 1.6L 4-cyl. manual 5-speed with optional equipment. Class: small car. Vehicle tested by Transport Canada. Model year 2009. Your actual rating will vary depending on how you drive and maintain your vehicle. Actual results may vary. Source: Natural Resources Canada's Fuel Consumption Guide, 2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models. △US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Chevrolet Aveo received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †1Chevrolet Malibu LTZ, MSRP $32,255. Chevrolet Cobalt LT Team Canada Edition, MSRP $19,325. Chevrolet Traverse LTZ, MSRP $47,525. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ¥OnStar® services require vehicle electrical system (including battery), wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ˅GMACL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. †Subject to Vehicle Redemption Allowances. Visit †GMACL.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ¶Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only, excludes demos, fleet, lease vehicles and medium duty trucks. Maximum $3,000 refund. Dealer may charge a fee. ▼Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only, excludes demos, fleet, lease vehicles and medium duty trucks. Maximum $3,000 refund. Dealer may charge a fee. ‡‡Based on 2010 Chevrolet Traverse LS AWD 3.6L V6 engine with 6-speed automatic transmission. Class: midsize. Vehicle tested by Transport Canada. Model year 2010